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ABSTRACT

As one in a series of test item collections developed by the Assessment and Evaluation Unit of the Directorate of Studies, items of value from past tests are made available to teachers for the construction of unit tests, term examinations or as a basis for class discussion. Each collection is reviewed for content validity and reliability. The test items meet syllabus content and aims best suited to multiple choice questions, but teachers are meant to base the use of the test items on student ability and the particular program objectives. Test items in home economics for grades 9 and 10 include sections on personal development and the family, home management and consumer education, and food and nutrition, housing and family economics. Master keys and guidelines for constructing a test are provided. Many test items are illustrated by tables, maps, diagrams and drawings. (CM)

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New South Wales **Department of Education**

ED218285

HOME SCIENCE

LIBRARY OF TEST ITEMS

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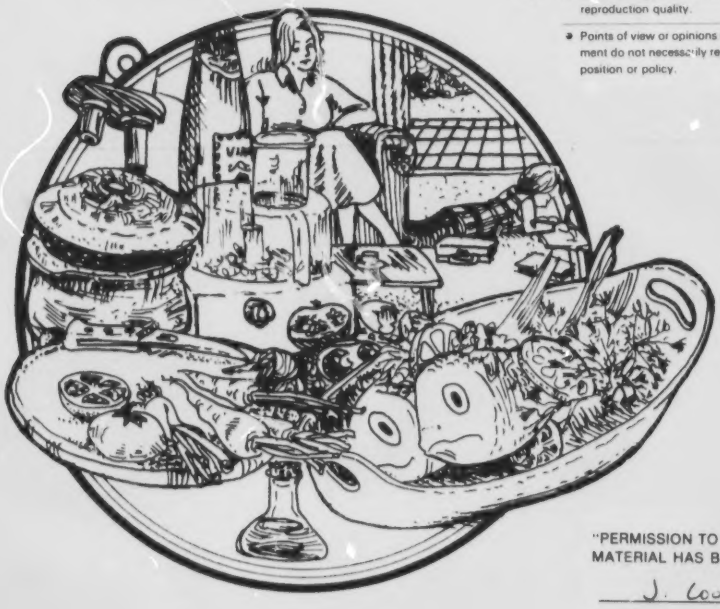

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TM 820 288

VOLUME ONE

ISBN 0-7240-5625-4

HOME SCIENCE

LIBRARY OF TEST ITEMS

VOLUME ONE

Published by the
School Certificate Development Unit
Directorate of Studies
N.S.W. Department of Education.

May, 1980

C O P Y R I G H T

This collection is intended for use in schools in the course of educational instruction. To comply with the laws of copyright, no part of this publication is to be used for any purpose other than as part of an examination or test.

HOME SCIENCE LIBRARY OF TEST ITEMS

a) INTRODUCTION

This collection has been prepared with four main purposes in mind.

1. To make available to all Home Science teachers those items from "past papers" (either examination or Reference Test) which are of value.
2. To make those items available in a form better suited to reproduction on school duplicating equipment.
3. To identify areas of good and bad coverage of the Syllabus so that the gaps may be filled.
4. To introduce some new items to assist in filling these gaps.

Many of the items in this collection have appeared in previous examination papers and/or Reference Tests, and many will be familiar to teachers. The items have been checked for obvious construction faults and typographical errors, retyped in a clear type-face, and most of the diagrams have been redrawn.

Many familiar items will be found to be absent from this collection. This is usually because the results of previous use suggest that the item was inefficient, or because a group of practising Home Economics teachers felt that the items were unsatisfactory.

Some items have been included which are relevant only to certain areas of the State. Teachers who judge these, or indeed any other items, to be irrelevant to their schools, should simply refrain from using them.

While an attempt has been made to assemble items likely to be of value in most schools, all teachers should recognise that this collection is only a resource. As with all resource materials, it is for the teacher to decide whether the material is worth using in her school.

Under no circumstances should this publication be regarded as an official indication of what should be taught and assessed in schools.

A large number of teachers have been involved in the project over the past year. The questions constitute a cross-section of the ideas which currently pervade classroom practice.

To ensure quality in the collection, only those items which satisfied several quality control checks have been included. Foremost amongst these were:

(i) inspection by a panel of experienced practising teachers;

(ii) a pretest with a representative selection of Year 9 and Year 10 students.

As well as sharing in the general editing and reviewing functions, the review panels checked each item for *content validity*. The pretest was used to establish the *efficiency* of the items as measuring instruments. Three of the major statistical criteria used were:

(i) Item Facility: The facility index measures the proportion of the sample candidature who answered the question correctly. All items in this collection have a facility index between .30 and .90.

(ii) Item Discrimination: This index measures the degree to which success on the item is correlated with success to the total test of which the item is a part. A commonly used index of discrimination is the point-biserial correlation coefficient. Every item in this collection attained a point-biserial correlation coefficient of at least 0.20. This means that on the pretest, each item added significantly to the total store of information about the relative achievement of the candidature.

(iii) Distractor Efficiency: Within each item, each distractor was chosen by at least 5% of the total candidature, except in the case of very easy items, which an even spread of respondents was sought.

For a test to be reliable, many features apart from these three must be considered. However, the proven quality of these items, as measured by these three criteria, makes it highly likely that any test chosen from this collection, and administered to appropriate classes, will be a more reliable instrument than teachers could normally produce without this assistance.

b) USING THE COLLECTION

Items in this collection may be reproduced for classroom use in any form desired by the teacher. To facilitate the preparation of printing masters, particular attention has been given to both the diagrams and layout of the items.

To assist the teacher, the items have been classified according to the broad content areas of:

"X" Personal development and the family.

"Y" Management and consumer education.

"Z" Food preparation, nutrition, housing and family economics.

The keys (or correct options) are provided at the end of each section.

The order, groupings or sub-groupings of questions are not designed to reflect any suggested order of treatment but rather to facilitate the publishing of the questions. The numbers allocated to the items are intended only to identify the items.

Certain questions should not be used in the same test, because one cues another. e.g. Z071 with Z072.

It will become evident that questions have not been located in small compartments. This is in keeping with the graphical form on page 4 of the Syllabus document. This graphical form represents the manner of co-ordinating the content and experience to meet the various requirements of the school curriculum. As such, it suggests that the approach is to plan a program across the content areas of the syllabus using a variety of experiences. Assessment procedures ought to reflect such an approach to teaching.

It should also be noted that it will be necessary to update or replace stimulus material related to costs whenever it is appropriate e.g. changes in land and home prices.

It is suggested that items might be used for the following purposes:

1. as a source of items for short unit tests,
2. as a source of items for term tests,
3. as a source of ideas for in-school item construction,
4. as a basis for classroom discussions. (It should be noted that stimulus material was NOT designed for use with the overhead projector. The letter size used in typing items would not be legible at more than 4 metres from the screen in an average classroom).

Some areas of syllabus content and some syllabus aims are better suited to testing with multiple choice items than others. Consequently, this collection is unlikely to be balanced in its coverage. In addition, the inclusion of an item is not intended to imply that a particular piece of content or teaching strategy has a place in the curriculum. The final selection must lie with the teacher in the classroom who knows the interests and abilities of her students and the aims and objectives of the program.

The exclusive use of multiple choice items in this volume is aimed at providing a service for teachers in an area where many experience difficulty in test construction. This volume is not meant to encourage teachers to use multiple choice items alone. It is expected that teachers should give some thought to including a variety of test item forms (such as restricted free response, extended free response, matching form) in a testing situation.

c) PRACTICAL ASPECTS OF TEST PREPARATION

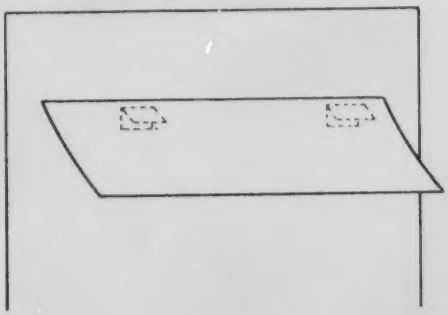
Two copies, punched for ring binding, are being sent to each school, one for cutting up to produce printing masters and another to be left intact as a master file. If the cut-up items are used carefully and stored suitably, they should be able to be used many times for making printing masters. (See "Preparation of Printing Masters"). It is suggested that large envelopes be bound into the ring binder to store cut-up items.

Preparation of Printing Masters

This method is recommended as it allows the prepared master to pass through a typewriter for the addition of page and question numbers etc., and prevents the electric scanner "reading" sticky tape patches and top edges of cut items.

1. Cut out items carefully. Always cut very close to and *below* the lines which separate questions.
2. Type your test heading on a blank page.

3. Fix question 1 in position, "stamp hinge" style:



4. Slide the top edge of Q.2 under the bottom edge of Q.1, and position Q.2 correctly.

5. Holding Q.2 in position, lift the bottom edge of Q.1 and tape Q.2 in position, so that when Q.1 is allowed to sit flat again, it completely covers the tape used to hold Q.2. Q.2 should be fastened by its top edge only.

6. Stick Q.3 in place as described for Q.2 in (4) and (5) above.

7. Number all questions.

ACKNOWLEDGEMENTS

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SYDNEY. N.S.W. 2001.

Due to the high cost involved in the use of paper in preparing tests, it may be desirable to use the tests on more than one occasion. To this end, a master set of answer sheets has been prepared. Copies of these can be made and answers recorded on them, thereby leaving the tests unmarked.

These master answer sheets, which are suitable for school reproduction, are on the following page.

NAME:			CLASS:	
Students are to circle the correct answer.				
1	A	B	C	D
2	A	B	C	D
3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
9	A	B	C	D
10	A	B	C	D
11	A	B	C	D
12	A	B	C	D
13	A	B	C	D
14	A	B	C	D
15	A	B	C	D
16	A	B	C	D
17	A	B	C	D
18	A	B	C	D
19	A	B	C	D
20	A	B	C	D
21	A	B	C	D
22	A	B	C	D
23	A	B	C	D
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25	A	B	C	D
26	A	B	C	D
27	A	B	C	D
28	A	B	C	D
29	A	B	C	D
30	A	B	C	D
31	A	B	C	D
32	A	B	C	D
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D

NAME:			CLASS:	
Students are to circle the correct answer.				
1	A	B	C	D
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3	A	B	C	D
4	A	B	C	D
5	A	B	C	D
6	A	B	C	D
7	A	B	C	D
8	A	B	C	D
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27	A	B	C	D
28	A	B	C	D
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32	A	B	C	D
33	A	B	C	D
34	A	B	C	D
35	A	B	C	D
36	A	B	C	D
37	A	B	C	D
38	A	B	C	D
39	A	B	C	D
40	A	B	C	D

AREA 'X'

AREA "X"

The questions in this section depend on particular values: the correct answer will depend on the values system which is used by those answering the question. The "correct" answer given here is that selected by a group of experienced Home Economics teachers, based on their values. It must, however, be recognised that values change with time and circumstances. To this extent at least, teachers may wish to select another "correct" answer.

The items may be used as "starters" for discussion lessons, or as ideas for "free response" questions - this collection was never intended to be restricting, and teachers are free to change any part to suit their needs.

Testing does not ONLY involve end-of-year, end-of-term or end-of-unit testing which summarises what the student has learned. Testing can also be used BEFORE teaching in order to find out what students know or believe. In today's multi-cultural society this is essential to our teaching, and it is with this point in mind that we bring you the items in this section.

The values taught in a family group mostly concern the

A. efficient utilisation of skills.
B. efficient utilisation of resources.
C. ideals and beliefs considered important.
D. security and support considered important.

X001

The Jones family consists of Mr. Jones, Mrs. Jones and their three children. Janet is 16, Stephen is 19 and Mark, who has just married, is 23. Which stage of the family life-cycle does this family depict?

A. Contracting stage.
B. Beginning stage.
C. Expanding stage.
D. Later stage.

X002

The Family Law Act in 1975 created a new legal institution called the

A. Divorce Court.
B. Family Court.
C. Juvenile Delinquent Council.
D. Marriage Guidance Council.

X003

A goal is

A. an aim which a family strives to achieve.
B. a value held in common by many individuals.
C. a standard of living maintained by society.
D. a code of moral behaviour reflected by a culture.

X004

The first social group to which most people belong is a

A. church group.
B. family group.
C. play group.
D. sports group.

X005

Which of the following characteristics would the members of a child's peer group <u>most likely</u> have in common?

A. Social background.
B. Family size.
C. Age bracket.
D. Sporting interests.

X006

The next two questions refer to the conversation below.

Question:

"Does your husband help around the house?"

Answer:

"Oh no! He wouldn't lift a hand to help me - we have a lot of rows about it. I think he should do things without being asked".

In this case the conflict that has arisen between the marriage partners is most probably due to differences in their

A. personal values and role expectations.
B. short and long term goals.
C. use of resources.
D. standards of individual behaviour.

X007

To rectify the situation in the long term, the first step would be to

A. visit a marriage guidance counsellor.
B. define and agree upon expectations.
C. insist upon help.
D. forget about the problem.

X008

A friend asks you for help with a personal problem. To be <u>most</u> helpful you should

A. listen to your friend without making judgements.
B. explain that you do not interfere in other people's business.
C. refuse to become involved.
D. change the conversation.

X009

The greatest need for good management in a family occurs during the expanding stage because parents

A. expect children to demonstrate acceptable standards of behaviour.
B. have the highest demands placed upon their resources.
C. have to establish good relationships with each other.
D. tend to set unrealistic long term goals.

X010

The most acceptable definition of a nuclear family states that

A. the dwelling of a nuclear family is central to a number of surrounding families.
B. parents and children all live in the same dwelling.
C. distant relatives, parents and children all live in the same dwelling.
D. members of the family all live in different dwellings.

X011

Observe the way in which people are communicating in the illustration below.

Each of the three attempts to communicate depends mainly on

A. facial expression and body actions.
B. voice and touch.
C. words and tone of voice.
D. written and spoken words.

X012

For communication to be effective the sender of the message needs to

A. shout louder than the others in the room.
B. touch the others to gain their attention.
C. ensure that the others are listening.
D. send information in a form that can be understood by others.

X013

The next 5 questions refer to the illustration.

The diagram best represents stages in a

A. family's life cycle.
B. child's play group.
C. married couple's peer group.
D. group's social contacts.

X014

The diagram illustrates that

A. children are essential to a lasting relationship.
B. couples should be married before they have children.
C. the family group changes as its members change.
D. elderly people need to have contact with children.

X015

Which stage has the elderly couple reached?

A. The establishing stage.
B. The stay-at-home stage.
C. The empty nest stage.
D. The expanding stage.

X016

Which of the following best describes the family life cycle?

A. The establishing stage provides the basis for the formation of new relationships.
B. All families pass through a one-member stage and then a 'contracting stage'.
C. The family group does not stay the same, but moves through a series of changes.
D. All stages of the family cycle depend upon the age of its members.

X017

What is the arrival and rearing of children called?

A. The establishing stage.
B. The sibling stage.
C. The expanding stage.
D. The contracting stage.

X018

"Mummy! You'd have been proud of me today! I was made lunch monitor."

Which of the following needs are expressed in the situation and caption above?

A. Love and affection.
B. Food and independence.
C. Recognition and new experiences.
D. Security and physical protection.

X019

Observe the interaction illustrated in the situation shown. The parent-child relationship is most likely to fulfil the need for

A. love and affection.
B. physical protection and approval.
C. security and new experiences.
D. acceptance and achievement.

X020

The next four questions refer to the illustration on the right.

The advertisement attempts to make the public aware of the

A emotional needs of children.
B. need to feed and clothe deprived children.
C. value of having well-dressed children.
D. differences in children of various ethnic backgrounds.

X021

The most valid conclusion that can be drawn from the information contained in this advertisement is that

A. children need emotional as well as physical support.
B. the government does not supply sufficient child care facilities for the community.
C. the girl's mother is too busy to show loving feelings towards this child.
D. the mother of the little girl is very young and does not understand the emotional needs of her child.

X022

The initial social group whose main responsibility is to ensure that children are not "battered" is the

A. council.
B. family.
C. government.
D. police.

X023

In this advertisement "battered babies" refers to

A. babies who are beaten by their parents.
B. older children who are beaten by their parents.
C. babies whose emotional needs have not been met.
D. older children whose emotional needs have not been met.

X024

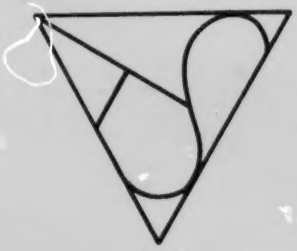
HOME SCIENCE

KEY - AREA "X"

Ques.	Key	Ques.	Key
X001	C	X013	D
X002	A	X014	A
X003	B	X015	C
X004	A	X016	C
X005	B	X017	C
X006	C	X018	C
X007	A	X019	C
X008	B	X020	A
X009	A	X021	A
X010	B	X022	A
X011	B	X023	B
X012	A	X024	D

AREA 'Y'

The next 2 questions refer to the diagram below.



Which organisation is represented by the symbol above?

A. Australian Consumers' Association.
B. Industrial Design Council.
C. Standards Association of Australia.
D. Manufacturers' Council of Australia.

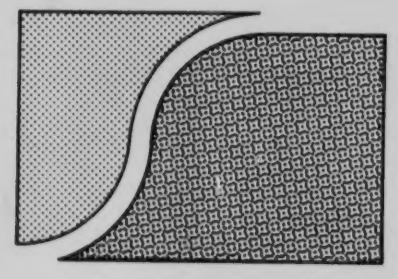
Y001

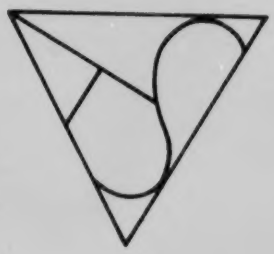
Which of the following items would be appropriately marked with this symbol?

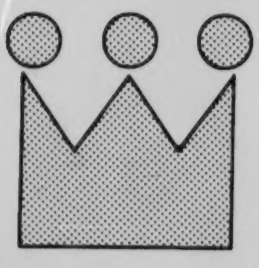
A. Hand crafted pottery.
B. A kitchen measuring instrument.
C. Packet cakes.
D. Seedling packets.

Y002

Which of the following symbols represents the Standards Association of Australia?

A 

C 

B 

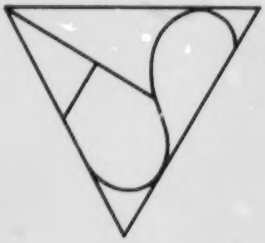
D

Y003

The best way of determining if kitchen measuring equipment conforms to the Standards Association of Australia is by

A. asking the sales assistant for her opinion.
B. looking for the appropriate symbol before purchase.
C. checking with the Manufacturers' Council of Australia.
D. obtaining the equipment for a trial period only.

Y004



Items marked with this symbol conform to the requirements of the

A. Australian Consumers' Association.
B. Industrial Design Council.
C. Standards Association of Australia.
D. Manufacturers' Council of Australia.

Y005

When blankets are purchased on the lay-by system

A. they remain the property of the store until the final payment is made.
B. they become the property of the purchaser once the deposit is paid.
C. the interest charged adds to the cost of the blankets.
D. the blankets can be returned and the purchaser can claim the total payment.

Y006

Mr. Green has purchased a refrigerator for his home. He paid a cash deposit and signed an agreement with the store to pay the remainder of the money in monthly instalments through Bankcard. The refrigerator was delivered to his home when the deposit was received. The method of purchase used by Mr. Green was

A. Bankcard.
B. cash.
C. Hire-Purchase.
D. Lay-By.

Y007

To shop economically, the wisest buying practice would be to

A. shop in the same store each week because the layout of the store remains stable and purchases can be made quickly.

B. read local newspapers to become aware of "specials", and to purchase the specials needed from each store even if it means travelling longer distances and spending more time shopping.

C. be aware of prices, brands and sizes of products and select only the products needed from the store which has overall lower prices.

D. buy in bulk from discount stores as products are usually cheaper and the number of shopping trips can be reduced.

Y008

The next question refers to the information below.

Mrs. Sheridan notices a well known brand of blanket on sale at the end of winter. She will need extra blankets for the following winter but has little space to store them at the moment.

The best method of purchase for Mrs. Sheridan would be

A. Bankcard.
B. cash.
C. Charge Account.
D. Lay-by.

Y009

The first complaint of a dissatisfied customer about faulty goods should be to the

A. Consumer Affairs Bureau.
B. Consumer Affairs Tribunal.
C. manufacturer of the article.
D. shop selling the faulty product.

Y010

Which of the following types of household cleaner would be the most effective for removing a grease stain from a wool carpet?

A. Abrasives.
B. Detergents.
C. Soaps.
D. Solvents.

Y011

The next four questions refer to the illustrations below.

Observe the different approaches to accomplishing various household tasks depicted in the illustrations below.

In which of the situations illustrated is physical fatigue likely to occur quickly?

A. 1
B. 2
C. 3
D. All of them.

Y012

The statement which is most likely to be true about the householder in diagram 2 is that

A. posture is incorrect and will cause back strain.
B. the washing basket height in relation to body height is incorrect.
C. muscular effort is reduced by correct posture and height of the washing.
D. the wrong muscles will be used because of the short distance between the body and the stool.

Y013

To reduce fatigue, the homemaker in diagram 3 would be well advised to

A. adjust the length of the broom handle.
B. bend her knees, not her back.
C. stand further away from the table.
D. stop and change sweeping directions every few minutes.

Y014

To maintain maximum effort without feeling tired, the householder in diagram 1 would be better advised to

A. straighten her knees.
B. use less effort by bending her back forward.
C. avoid stops, starts and changes in direction.
D. place her feet together, closer to the table.

Y015

Mrs. Johnson has just purchased a brand new toaster. When she arrives home she finds that it does not function properly. The most appropriate action for Mrs. Johnson would be to

A. get her husband to fix it.
B. get in touch with the Department of Consumer Affairs immediately.
C. return the toaster to the manufacturer and ask for it to be repaired or replaced.
D. return the toaster to the store of purchase and ask for it to be replaced.

Y016

Which of the following practices is NOT consistent with sensible shopping?

A. Carefully preparing shopping lists and resisting impulse buying.
B. Buying all items that are reduced to a special purchase price.
C. Comparing the prices of various sizes of an item, as the largest size is not always the cheapest.
D. Checking the items on shelves that are higher and lower than eye level, as items that sell best are usually placed on middle shelves.

Y017

Of the following, the wisest purchasing strategy is to

A. stock up on all sale products.
B. attend sales and buy only the bargains.
C. evaluate the product on sale before purchasing.
D. never buy an article on sale.

Y018

A shopper has complained to a retailer about a faulty toaster he bought. There was no guarantee on the toaster, and the retailer would not exchange it. What is the most appropriate action for tne shopper to take?

A. Contact the Consumer Affairs Bureau.
B Contact the Standards Association of Australia.
C. Complain to the manufacturer.
D. Complain to the manager of the store.

Y019

Which of the following is the best guarantee of the reliability of an item of household equipment?

A. The manufacturer's seal of approval on the item.
B. The manufacturer's claim that it is the biggest selling product of its kind.
C. Its endorsement by a popular television personality.
D. Its recommendation by a recognised consumer research organisation.

Y020

In N.S.W. which of the following conditions apply if you receive a record or book in the mail that you did not order?

A. If the owner does not recover the record or book within 3 months, they are yours without paying for them.
B. The parcel is yours immediately without paying for it.
C. You are liable to be prosecuted if you do not forward the money immediately.
D. You are obliged to purchase the parcel.

Y021

Which of the following is the best rule to follow in order to prolong the life of a carpet?

A. Use an efficient carpet sweeper daily.
B. Thoroughly vacuum carpet areas in all rooms weekly.
C. Remove spots and stains as soon as they occur.
D. Do each of A, B and C.

Y022

The next two questions refer to the advertisement below.

Which of the following statements best describes this kind of advertising?

A. It informs parents about new products for children.
B. It plays on parents' love of their children.
C. It persuades parents to try out one brand of product in preference to another.
D. It shows parents how to cope with problem children.

Y023

The main selling technique used in this kind of advertising is

A. an appeal to the emotions.
B. a use of sophisticated language.
C. the creation of a false impression without actually lying.
D. the making of a claim that is impossible to prove or disprove.

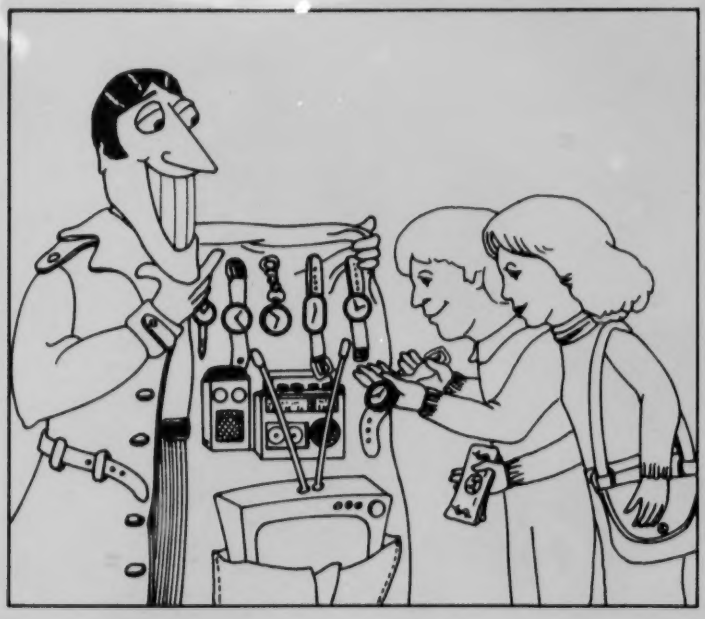
Y024

To prolong the life of a non-stick frying pan, it is most advisable to

A. season the pan before use.
B. use only approved abrasive cleaners.
C. choose a frying pan with an approved silicone finish.
D. avoid overheating and the use of sharp metal utensils.

Y025

The next four questions refer to the diagram below.



Observe the method of buying watches and electrical goods in the illustration above.

In this situation, the most crucial step in making a wise decision about the purchase of an item is to

A. ask for the name of the seller.
B. observe the number and the type of alternative brand names offered.
C. weigh up the risks involved in the transaction.
D. make the exchange of money.

Y026

Before making a purchase, the buyer in this situation would be wise to

A. enquire about a free gift with the service.
B. decide quickly before missing out on a special.
C. decide if the goods offered for sale are really wanted.
D. ensure that the goods are of high quality.

Y027

If the purchased goods proved to be faulty, the buyer should expect that the

A. seller would refund her money.
B. Consumer Affairs Bureau would force the seller to replace the goods.
C. police would take away the seller's licence.
D. cost of repairs would be her responsibility.

Y028

In deciding to make a purchase, the buyer in this situation is most likely to be

A. taking a financial risk.
B. making a purchase free of faults.
C. getting a real bargain.
D. avoiding devious sales tactics.

Y029

The next 2 questions refer to the information below.

PRODUCT X - Works safely on everyday dirt and stains. Suitable for soiled collars and cuffs, pillow cases, lingerie and underwear. Removes perspiration and blood stains. Soak articles in solution overnight. Wash usual way.

- Take care with polyester viscose and woollen fabrics.
- Price 91 cents.

PRODUCT Y - Removes extra dirty marks, mildew, ink, grease, lipstick and makeup on all washables in hot or cold water.

- Highly flammable. Do not puncture can. Keep spray away from eyes.
- Price 92 cents.

For removing grease stains from a cotton blouse, a consumer would be wiser to purchase product

A. X because shirts made from cotton fabrics are not damaged by this cleaning agent.
B. Y because the laundering instructions are easily followed and less time consuming.
C. Y because the manufacturer of this product claims it will remove grease stains from all washables.
D. X because the product is more economical and not as dangerous.

Y030

The main disadvantage of product Y compared with product X is

A. its extra cost.
B. its inadequate laundering instructions.
C. the limited range of fabrics for which it is suitable.
D. the need to store the can above eye level.

Y031

Which method of buying is used when a deposit is made on goods purchased and the goods are left at the store until the final payment is made?

A. Hire Purchase.
B. Lay-by.
C. Credit Account.
D. C.O.D.

Y032

The next four questions refer to the statement below.

"Washing is a drag because I've got nowhere to dry it. Drying cabinets don't work and besides, I would have to put it in the bathroom. At my mother's I could dry the washing on the line in the garden."

Which resource is lacking?

A. Energy. B. Skill. C. Space. D. Time.

Y033

The main factor influencing the negative attitude towards washing is the lack of

A. facilities.
B. money.
C. skill.
D. time.

Y034

The negative attitude towards the drying cabinet is most probably based upon

A. parental conflict.
B. parental opinion.
C. personal goals.
D. personal values.

Y035

If the washing was taken to the mother's home for line drying, rather than dried in a drying cabinet, the resources most used would be

A. money and mother's energy.
B. mother's space and money.
C. skill and personal space.
D. personal time and energy.

Y036

The next question refers to the two sets of directions below.

DIRECTION 1: Preheat oven to 200°C. Combine ingredients in a small bowl. Beat 1 minute at a medium speed. Spread batter into an ungreased cake tin. Sprinkle sauce mix over batter. Bake at 200°C for 35 minutes. Serve immediately.

DIRECTION 2: Prepare batter as in Direction 1. Spread batter in an ungreased plastic icecream container. Allow to stand 5 minutes. Sprinkle sauce mix over batter. Bake for eight minutes turning the container every 2 minutes. Allow to stand 10 minutes before serving.

Which of the following most clearly suggests that DIRECTION 1 applies to a conventional oven and DIRECTION 2 to a microwave oven?

A. The batter can be prepared the same way irrespective of the kind of oven to be used.
B. In neither case does the cake container need to be greased.
C. Plastic containers cannot be left in a conventional oven much longer than 5 minutes.
D. One baking time is about four times longer than the other baking time.

Y037

When microwave ovens are being used, plastic containers are preferable to metal cake tins because they

A. are light and flexible, thereby allowing the mixture to expand fully.
B. do not allow the mixture to dry out.
C. are much less expensive.
D. do not prevent the microwaves from cooking the mixture.

Y038

Which of the following describes the main advantage which microwave ovens have over conventional ovens?

A. They save time and energy costs.
B. The instructions are easier to follow.
C. The cooking utensils needed are cheaper.
D. They distribute heat more evenly.

Y039

The best way to prevent impulse buying in a supermarket is to

A. avoid colourful advertising displays at the front of the supermarket.
B. compile a shopping list and only buy items on the list.
C. avoid carrying a credit card.
D. try to avoid "specials".

Y040

A young worker wants to save for her long awaited holiday, yet she spends all her pay each week. Of the following, the wisest course of action would be to

A. obtain a second job.
B. obtain a loan from a bank.
C. plan a budget, setting aside a certain amount for saving.
D. put off her holiday until she earns more money.

Y041

When performing household tasks, the homemaker will make the most effective use of her time if she

A. plans a work order which avoids repetitive steps.
B. knows the task from beginning to end.
C. places extra effort on the more difficult jobs.
D. leaves the dirtier jobs until another day.

Y042

Which of the following resources increases with use?

A. Time and energy.
B. Knowledge and skills.
C. Money and material possessions.
D. Intelligence and money.

Y043

Which of the following kinds of fatigue is most likely to be created by long periods spent on disliked tasks?

A. Mental.
B. Neurological.
C. Physical.
D. Psychological.

Y044

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1. Fire Protection.
2. Parks and Trees
3. Foot paths
4. Garbage collection
5. Dentists.

Which of the above are provided by local councils?

A. 1, 2, 5.
B. 2, 3, 5.
C. 2, 3, 4.
D. 3, 4, 5.

Y045

Which of the following is a human resource?

A. Amenities.
B. Housing.
C. Income.
D. Knowledge.

Y046

The goal most likely to be short-term for most people would be

A. obtaining a part-time job.
B. establishing a career.
C. buying a car.
D. raising a family.

Y047

"I think about what I'm going to do next ... what I'm going to cook; the children, when I'll take them out ..."

What resource is being planned?

A. Money.
B. Skills.
C. Space.
D. Time.

Y048

To reduce mental and physical fatigue, it is advisable to

A. sit in lounge chairs to do as many tasks as possible.
B. alternate the difficult with the easy tasks.
C. complete all tasks during the morning so the afternoon can be used for leisure.
D. take care with personal appearance because "if you look good, you feel good".

Y049

To make a wise decision, the best process is to

A. act immediately on the first alternative that comes to mind.
B. ask your friend for the best course of action for you to take.
C. do what you feel is expected of you in the circumstances.
D. consider all alternatives, select one then carry out the plan.

Y050

The management process is best defined as the

A. completion of all set tasks.
B. use of finite resources.
C. making and implementing of decisions to achieve goals.
D. choice made between alternative courses of action.

Y051

To reduce fatigue, a kitchen should have

A. the cupboards positioned for convenience for food preparation and service.
B. the cupboards at the correct height with sufficient shelf space.
C. a kitchen stool placed near the preparation area.
D. the food preparation areas at the correct height and near the point of service.

Y052

To avoid fatigue when performing household tasks, a homemaker should

A. alternate heavy and light tasks throughout the day.
B. plan for more leisure time during the day.
C. finish household tasks after the family goes to bed.
D. complete the most time-consuming tasks first.

Y053

Conserving time and energy in meal preparation can best be achieved by

A. planning menus in advance.
B. cooking with convenience foods.
C. purchasing foods in bulk.
D. taking advantage of special reduced prices.

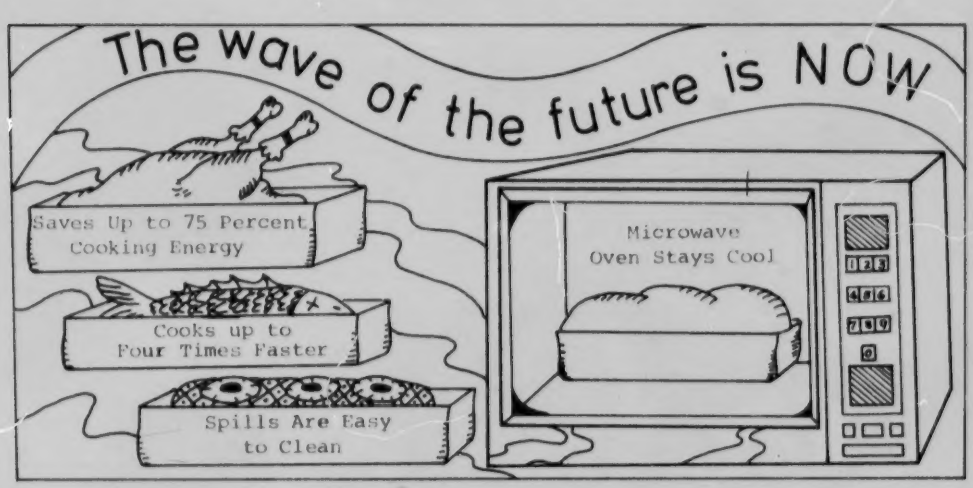
Y054

A U-shaped kitchen plan is more efficient than a corridor kitchen plan because

A. it acts as an alcove, preventing the kitchen from becoming a traffic lane.
B. it decreases the distance between major items in the work triangle.
C. it provides more bench space and more cupboard space.
D. the sink, stove and refrigerator are all on different sides of the room.

Y055

The next 3 questions refer to the advertisement below.


The wave of the future is NOW
Saves Up to 75 Percent Cooking Energy
Cooks up to Four Times Faster
Spills Are Easy to Clean
Microwave Oven Stays Cool

The main advantage of microwave cooking is that

A. the housekeeper needs to spend less time in the kitchen preparing meals.
B. there will be fewer accidents during the cooking of foods.
C. fuel costs can be kept to a minimum.
D. the oven will not need cleaning.

Y056

The main resources conserved by cooking in this type of oven are

A. time and energy.
B. money, knowledge and energy.
C. skills and money.
D. knowledge, skills and time.

Y057

The main purpose of this advertisement is to

A. sell an image rather than a product.
B. provide information about a new product.
C. show creative ways of cooking different food.
D. persuade the consumer to buy one oven brand in preference to another.

Y058

The next question refers to this menu for four people.

Casseroled Hungarian Goulash Spinach, Cauliflower Mashed Potato
Steamed Jam Pudding Custard

Study the above menu. The meal is to be served at 6.30p.m. Which would be the best order of preparation?

A. Goulash, vegetables, pudding.
B. Goulash, pudding, vegetables.
C. Pudding, vegetables, goulash.
D. Vegetables, pudding, goulash.

Y059

Metal containers should not be used in a microwave oven because they

A. take too long to heat.
B. will rust.
C. react with the microwaves to give the food 'off' flavours.
D. will not allow microwaves to pass through to the food.

Y060

Metal containers should not be used in a microwave oven because they

A. react with microwaves to produce an unpalatable flavour in foods.
B. take too long to heat through, thereby preventing food from browning.
C. rust after a period of constant exposure to the heat rays.
D. reflect the rays and damage the oven.

Y061

A casserole, using 1 kg of chuck steak, is to be served at 6p.m. At which temperature and time should the casserole be placed in the oven to cook?

A. 160^0C at 5p.m.
B. 160^0C at 3.30p.m.
C. 210^0C at 5p.m.
D. 210^0C at 3.30p.m.

Y062

Fresh stone fruit and green leafy vegetables, which were in plastic wrapping when purchased, are to be stored in the refrigerator. They will keep best if they are

A. unwrapped and placed in the crisper.
B. unwrapped and placed in the food storage section.
C. wrapped loosely and placed in the crisper.
D. wrapped loosely and placed in the food storage section.

Y063

The main nutritional advantage of packaging milk in cartons, rather than glass bottles is that it is

A. more convenient to freeze milk in cartons.
B. harder for ultra violet rays to destroy riboflavin in cartons.
C. easier to print nutrititional content of milk on the sides of cartons.
D. more appropriate to record the day of production on the carton tops.

Y064

When packaging foods for the freezer, it is most important that the container is

A. moisture and vapour proof.
B. odourless and transparent.
C. stain and grease resistant.
D. pliable and easily moulded.

Y065

Fats should be covered when stored in the refrigerator to prevent

A. absorption of flavours from other foods.
B. other foods absorbing the flavour of the fat.
C. mould growth.
D. rancidity.

Y066

For maximum efficiency, the best place to store cleaning equipment for household use is

A. in a central cupboard in the hall.
B. close to the laundry.
C. close to the point of most frequent use.
D. in a specially constructed cleaning equipment cupboard.

Y067

A domestic refrigerator must be maintained at a temperature which ensures that

A. foods retain initial moisture.
B. foods do not absorb odours and flavours.
C. all bacteria are killed.
D. the growth of micro-organisms is inhibited.

Y068

Which fabric would be most suitable for children's pyjamas because of its lower fire danger?

A. Cotton.
B. Nylon.
C. Rayon.
D. Wool.

Y069

ALL FABRICS will burn. Once alight some fabrics will melt causing extensive and serious burning.

A recommended design

The following table indicates the flammability of some fabrics.

cotton linen rayon	All readily burn unless flame retardant treatment is given and maintained.
wool silk mohair hair fur	Usually difficult to ignite. Burn slowly. Heavier weights tend to be self extinguishing. Light weights may burn strongly.
acrilan orlon nylon brinylon dacron terylene	These are some fabrics which melt.

This nightwear design has been recommended because

A. its simple design makes for easy construction.
B. cold air is able to circulate around the body.
C. it is economical to make as it requires minimum fabric purchase.
D. it reduces the flow of oxygen near the body.

Y070

For washing garments constructed from wool, rayon and orlon, the water temperature should be

A. 40^0C (warm).
B. 48^0C (hand hot).
C. 85^0C (very hot).
D. 100^0C (boiling).

Y071

What would be the most effective cleaning agent to remove a biro mark from the pocket of a white cotton shirt without damaging the fabric?

A. Bleach.
B. Methylated Spirits.
C. Soap.
D. Water.

Y072

If after many cleaning trials, the white cotton shirt still has a faint blue mark where the biro stain was, which is now the most effective cleaning agent to try?

A. Bleach.
B. Methylated Spirit.
C. Soap.
D. Water.

Y073

The safest place for the storage of household cleaning equipment is

A. close to the bathroom.
B. within the laundry cabinet.
C. in a lockable cupboard close to the main point of use.
D. under the kitchen sink and in the broom cupboard.

Y074

The most significant cause of discolouration in whites and synthetic fabrics is the failure to

A. soak the articles prior to washing.
B. rinse the articles adequately.
C. use sufficient bleach and a good brand of detergent.
D. use the correct washing cycle on the washing machine.

Y075

Spray starches are preferable to liquid starch when

A. the fabric requires a glossy surface.
B. the fabric requires extra body.
C. time is an important factor.
D. cost is an important factor.

Y076

Which of the following is <u>NOT</u> harmed by washing in a hot wash/cold rinse cycle of a domestic washing machine?

A. Bri-nylon play clothes.
B. Synthetic underwear.
C. White cotton sheets.
D. Woollen cardigans.

Y077

HOME SCIENCE

KEY - AREA "Y"

Ques.	Key	Ques.	Key	Ques.	Key
Y001	C	Y027	D	Y053	A
Y002	B	Y028	D	Y054	A
Y003	C	Y029	A	Y055	A
Y004	B	Y030	C	Y056	C
Y005	C	Y031	B	Y057	A
Y006	A	Y032	B	Y058	B
Y007	C	Y033	C	Y059	B
Y008	C	Y034	A	Y060	D
Y009	D	Y035	D	Y061	D
Y010	D	Y036	D	Y062	B
Y011	D	Y037	D	Y063	C
Y012	C	Y038	D	Y064	B
Y013	C	Y039	A	Y065	A
Y014	B	Y040	B	Y066	A
Y015	C	Y041	C	Y067	C
Y016	D	Y042	A	Y068	D
Y017	B	Y043	B	Y069	D
Y018	C	Y044	D	Y070	D
Y019	C	Y045	C	Y071	A
Y020	D	Y046	D	Y072	B
Y021	A	Y047	A	Y073	A
Y022	D	Y048	D	Y074	C
Y023	B	Y049	B	Y075	B
Y024	A	Y050	D	Y076	C
Y025	D	Y051	C	Y077	C
Y026	C	Y052	D		

AREA 'Z'

The following information is referred to in the next two questions.

What three important nutrients are deficient in a lunch which consists of: A Vegemite brown bread sandwich,
Chocolate coated biscuits,
Lemonade?

A. Complete protein, riboflavin, iron.
B. Calcium, ascorbic acid, complete protein.
C. Riboflavin, calcium, thiamine.
D. Iron, thiamine, ascorbic acid.

Z001

Which of the following groups of foods would best overcome these three deficiencies?

A. A bacon and lettuce sandwich, orange juice and a pear.
B. A cucumber and cheese sandwich, milk and an apple.
C. An egg and bacon sandwich, apple juice and a pear.
D. An egg and lettuce sandwich, milk and an orange.

Z002

Cottage cheese is a useful food for people on a reducing diet because

A. it is made from skimmed milk.
B. it is made from goat's milk.
C. its rough texture enables it to pass quickly through the digestive tract.
D. its bland flavour discourages people from over-eating.

Z003

In sponge making,egg protein supports a weak gluten structure because of its ability to

A. coagulate on heating.
B. coat flour particles.
C. disperse the gluten strands.
D. tenderise the gluten strands.

Z004

Fish has very little connective tissue and therefore needs

A. high temperature cooking to prevent it falling apart.
B. only sufficient cooking to coagulate the protein.
C. to be cooked by dry heat methods.
D. to be cooked slowly at a low temperature.

Z005

Rancidity in fats and oils is caused by

A. absorption.
B. emulsification.
C. oxidation.
D. saponification.

Z006

The keeping qualities of milk are increased without an alteration in flavour by the process of

A. fortification.
B. homogenisation.
C. pasteurisation.
D. sterilisation.

Z007

During cheese manufacture a curd is made by using

A. lactose.
B. rennet.
C. salt.
D. tartaric acid.

Z008

Mayonnaise is a permanent emulsion of oil droplets in water stabilized by

A. condensed milk.
B. egg yolk.
C. salt.
D. vinegar.

Z009

The brown crust on top of bread is formed as part of a process called

A. coagulation.
B. dehydration.
C. dextrinisation.
D. fermentation.

Z010

Cereals suitable for breadmaking have the ability to

A. retain moisture during the proving stage.
B. form an elastic dough which can be expanded by carbon dioxide.
C. mix well with yeast during the kneading process.
D. develop the protein globulin with kneading and the addition of water.

Z011

A cheese sauce is to be made using a melted butter sauce as the base. Grated cheese should be added

A. after the flour has been cooked with the butter.
B. to the cooked sauce which is then reboiled.
C. with the melting butter.
D. after the sauce has boiled.

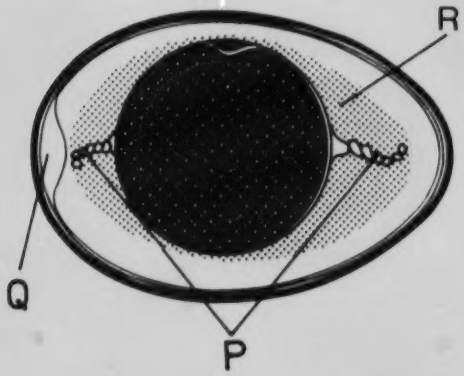
Z012

In sweet-making, stirring the syrup after the mixture boils causes the

A. inversion of sugar molecules.
B. sugar to dissolve.
C. formation of large sugar crystals.
D. sugar to caramelise.

Z013

The next three questions refer to the diagram of an egg below.



The area marked R is most dense in

A. fresh eggs.
B. stale eggs.
C. eggs stored under refrigeration.
D. eggs stored at room temperature.

Z014

The area marked Q is largest in

A. fresh eggs.
B. stale eggs.
C. eggs stored under refrigeration.
D. eggs stored at room temperature.

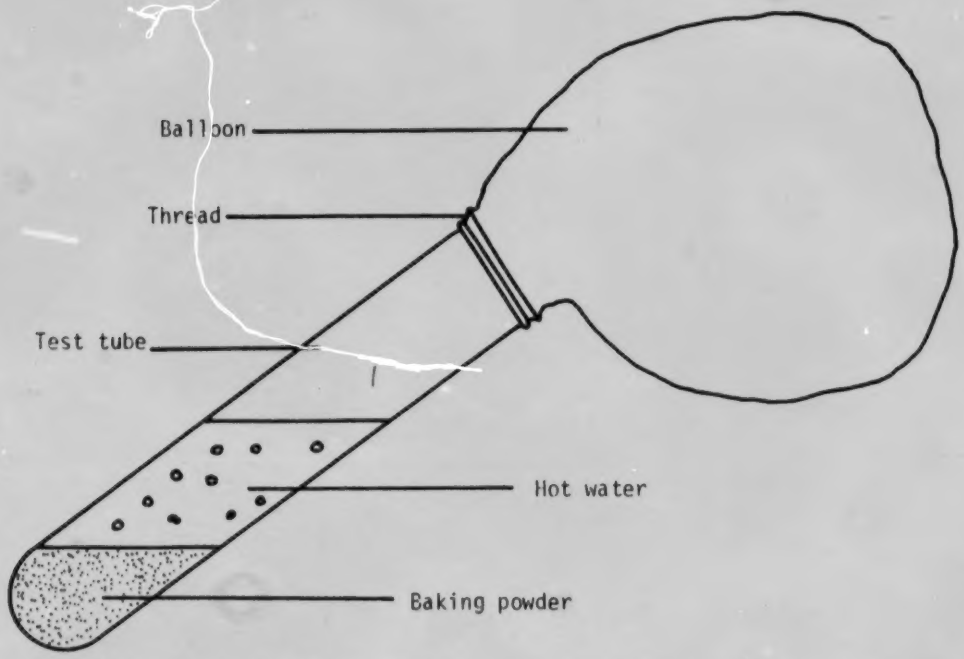
Z015

The parts marked P are used to

A. anchor the yolk in the centre of the egg.
B. anchor the yolk in the thick white.
C. provide nutrients to a growing embryo.
D. allow air to get into the yolk area from the air cell.

Z016

The next three questions refer to the diagram below.



The gas which is filling the balloon in the illustration above is

A. carbon dioxide.
B. nitrogen.
C. oxygen.
D. sulfur dioxide.

Z017

Which of the following reactions would occur when the hot water is added to the baking powder?

A. The balloon size would decrease.
B. There would be no reaction.
C. The mixture would effervesce.
D. The baking powder would turn milky.

Z018

If bicarbonate of soda was used instead of baking powder in this experiment, the gas given off would be

A. carbon dioxide.
B. helium.
C. hydrogen.
D. oxygen.

Z019

If fruits and vegetables are stored for too long, their tissue breaks down. This is because of the presence in the tissue of

A. bacteria.
B. enzymes.
C. moulds.
D. spores.

Z020

Fats react chemically in the digestive tract with various alkaline substances to produce a soapy substance. This reaction is called

A. fermentation.
B. gelatinisation.
C. homogenisation.
D. saponification.

Z021

In which of the following pastries is steam used as the main raising agent?

A. Choux.
B. Flaky.
C. Rough puff.
D. Short crust.

Z022

It is advisable to store dried full-cream milk in an airtight container in a cool place because

A. hydrolysis results from the entry of air.
B. the riboflavin content is reduced by oxidation.
C. oxygen accelerates the development of rancid flavours.
D. the vitamin C content is reduced by oxidation.

Z023

The unpleasant flavours and odours which develop when cabbage, broccoli and cauliflowers are cooked for too long are caused by the breakdown of

A. carbon compounds.
B. iodine compounds.
C. starches and sugars.
D. sulfur compounds.

Z024

Syneresis or "weeping" of scrambled egg is mainly attributed to

A. over-coagulation of protein.
B. absorption of too much water.
C. the presence of too much fat.
D. the presence of too much acid.

Z025

When baking poultry the danger of bacterial action is least when the bird is stuffed

A. overnight and stored in the refrigerator.
B. prior to the thawing process.
C. immediately before roasting.
D. immediately after thawing and then refrigerated.

Z026

After whole milk has had about 60% of the water removed by low temperature heating, and then been homogenised and canned, the product is known as

A. full cream powdered milk.
B. non-fat powdered milk.
C. condensed milk.
D. evaporated milk.

Z027

In commercially flavoured milk the flavouring does not separate out if the milk has been

A. pasteurised.
B. hydrolysed.
C. homogenised.
D. sterilised.

Z028

The next three questions refer to the menu below.

Haricot Steak and Onions
Noodles
Sauteed Green Peas
Steamed Sultana Custard

The meal is deficient in

A. ascorbic acid.
B. riboflavin.
C. thiamine.
D. vitamin A.

Z029

The cut of meat most suitable for the casseroled steak would be

A. blade steak.
B. fillet steak.
C. rump steak.
D. sirloin steak.

Z030

Haricot steak is a form of

A. Hawaiian stew.
B. Irish stew.
C. brown stew.
D. white stew.

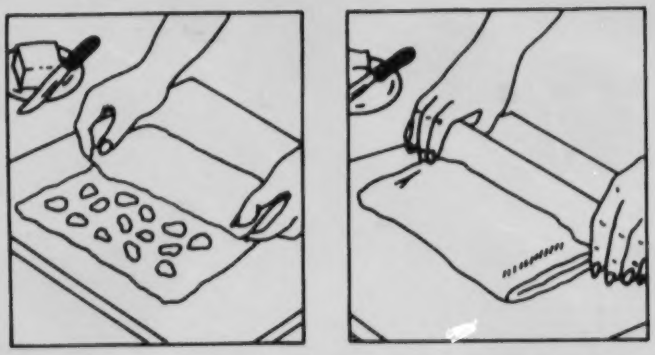
Z031

Which fruit would supply most pectin for jam making?

A. Apples.
B. Cherries.
C. Pears.
D. Strawberries.

Z032

The next question refers to the diagram below.



Name the type of pastry being made in the diagram above.

A. Champagne.
B. Choux.
C. Flaky.
D. Suet.

Z033

When a starchy substance is mixed to a smooth paste using a small amount of cold liquid it is said to be

A. beaten.
B. blended.
C. kneaded.
D. stirred.

Z034

It is not advisable to freeze vegetables such as lettuce or celery because at very low temperatures

A. the riboflavin can be destroyed.
B. the chlorophyll turns brown.
C. their high water content causes ice crystals to form.
D. oxidation occurs causing off-flavours in the vegetables.

Z035

The main raising agents needed to give flour mixtures their characteristic light and airy texture are

A. air, carbon dioxide and steam.
B. carbon dioxide, oxygen and soda.
C. nitrogen, oxygen and steam.
D. air, nitrogen and soda.

Z036

Sugar is suitable for use as a fruit preservative because it

A. prevents oxidation and moisture accumulation.
B. provides an unsuitable medium for the growth of micro-organisms
C. reduces cellulose breakdown.
D. prevents fermentation.

Z037

The next seven questions refer to the diagram below.

Whether this carcass should be labelled as lamb, hogget or mutton would depend on the

A. age at which the animal was killed.
B. grain on which the animal was fed.
C. animal's live weight.
C. animal's dressed weight.

Z038

The name of the cut numbered 5 is

A. brisket.
B. forequarter.
C. leg.
D. shoulder.

Z039

When cut 5 is baked, what sauce is traditionally served as the accompaniment?

A. Apple.
B. Mint.
C. Orange.
D. Soy.

Z040

Which dish would be most suitable for using cut number 6?

A. Barbequed Spare Ribs.
B. Crown Roast.
C. Crumbed Cutlets.
D. Irish Stew.

Z041

The name given to cuts taken from section 4 is

A. best neck chops.
B. chump chops.
C. cutlets.
D. shoulder chops.

Z042

Rolled seasoned breast of lamb would be made from the cut labelled

A. 1 B. 2 C. 4 D. 7

Z043

What method of cooking would be most suitable for the cut numbered 1?

A. Baking.
B. Frying.
C. Grilling.
D. Stewing.

Z044

The function of eggs in a meat loaf is to

A. aerate.
B. bind.
C. glaze.
D. thicken.

Z045

The function of eggs in pastry for sausage rolls is to

A. aerate.
B. bind.
C. glaze.
D. thicken.

Z046

The function of eggs in meringues is to

A. aerate.
B. bind.
C. glaze.
D. thicken.

Z047

Refrigeration allows food to be kept longer than it could at normal room temperature because it

A. delays enzyme action and kills bacteria.
B. prevents spore formation of bacteria and enzymes.
C. retards the growth of micro-organisms and delays enzyme action.
D. destroys the enzymes responsible for the breakdown of food.

Z048

The purpose of blanching vegetables before freezing them is to

A. destroy the enzymes.
B. increase their colour.
C. prevent the loss of nutrients.
D. soften the cellulose.

Z049

Gelatinization occurs when starch grains are

A. coagulated by heat.
B. cooked by dry heat.
C. cooked by moist heat.
D. dispersed through a liquid.

Z050

The function of eggs in mayonnaise is to

A. aerate. B. bind. C. stabilize. D. thicken.

Z051

Meals for young children should include foods

A. containing good quality protein.
B. rich in vitamins and minerals.
C. providing carbohydrates and fats.
D. containing all the above mentioned nutrients.

Z052

The parts removed in a refined cereal grain are the

A. bran and germ.
B. cellulose and germ.
C. endosperm and bran.
D. germ and endosperm.

Z053

In a mayonnaise the role of egg yolk is to

A. clarify. B. coagulate. C. emulsify. D. saturate.

Z054

Cooking with microwave energy differs from conventional cooking in that there is no direct application of heat to food. The food cooks by

A. conduction of heat from the oven sides.
B. microwaves causing water molecules to vibrate at extremely high speeds.
C. radiation of heat from many microwaves.
D. x-rays causing water molecules to vibrate at extremely high speeds.

Z055

Which of the following is <u>not</u> a true cereal?

A. Maize. B. Oats. C. Sago. D. Wheat.

Z056

The purpose of homogenisation is to

A. keep the cream evenly dispersed throughout the milk.
B. increase the keeping qualities of milk.
C. preserve the flavour of milk.
D. reduce the bacterial content of milk.

Z057

Which of the following statements about gelatinisation of a starch is most accurate?

A. It always requires heat and moisture.
B. It only occurs in an acid solution.
C. It involves the formation of gluten strands.
D. It only occurs if the starch grains are first blended.

Z058

Foods which are best cooked at moderate temperatures include

A. fish, chips, meat.
B. meat, eggs, fish.
C. meat, white sauce, eggs.
D. rice, chips, white sauce.

Z059

Pasta products such as macaroni increase in size during cooking because

A. the egg in the pasta coagulates.
B. the flour increases in size due to evaporation.
C. the pasta absorbs water when in the presence of heat.
D. there is gluten present in the flour.

Z060

Moist heat methods are suitable for cooking tough cuts of meat because these methods

A. convert collagen to gelatin.
B. melt the fat globules.
C. prevent shrinkage.
D. retain vitamins and minerals.

Z061

The role of gelatine in an ice cream mixture is to

A. decrease the size of the crystals.
B. increase the size of the crystals.
C. decrease the number of crystals.
D. increase the number of crystals.

Z062

Which of the following substances can be used to stabilise an egg white foam?

A. Baking powder.
B. Bicarbonate of soda.
C. Pectin.
D. Sugar.

Z063

Which is the main raising agent used in choux pastry?

A. Air.
B. Carbon dioxide.
C. Sulfur dioxide.
D. Steam.

Z064

The traditional accompaniments for baked lamb are

A. horseradish sauce and Yorkshire pudding.
B. apple sauce and thick brown gravy.
C. tomato sauce and sliced lemon.
D. mint sauce and gravy.

Z065

Compared with a piece of meat of similar size, fish requires less time to cook because it has

A. much less fat.
B. less connective tissue.
C. shorter muscle fibres.
D. a higher proportion of water.

Z066

The main nutritional reason for using eggs as a meat substitute is because they

A. are outstanding sources of thiamine.
B. can be used in a variety of ways.
C. contain complete protein.
D. have a low kilojoule value.

Z067

If a dessert thickened with cornflour fails to retain its shape when unmoulded, the most likely cause is that the

A. proportion of cornflour to milk was not correct.
B. mixture was not cooked after boiling.
C. mould was not wetted before adding the thickened mixture.
D. dessert was not refrigerated before serving.

Z068

The major advantage of cooking with a microwave oven is that

A. no food value is lost.
B. cooking times are very short.
C. food has a better flavour.
D. food is well browned.

Z069

Which of the following groups of meats is most suitable for grilling?

A. Sirloin steak, shortloin chops, fillet steak.
B. Sirloin steak, shortloin chops, round steak.
C. Round steak, shoulder chops, fillet steak.
D. Sirloin steak, shortloin chops, topside steak.

Z070

When bicarbonate of soda is added to the water in which vegetables are boiled, which of the following will happen?

I. Ascorbic acid will be neutralised.
II. Cellulose will be softened.

A. I only.
B. II only.
C. Both I and II.
D. Neither I nor II.

Z071

When bicarbonate of soda is added to the water in which vegetables are boiled, both of the following will happen.

I. Ascorbic acid will be neutralised.
II. Cellulose will be softened.

Which of these events is/are nutritionally <u>undesirable</u>?

A. I only.
B. II only.
C. Both I and II.
D. Neither I nor II.

Z072

Some of the changes which occur when meat is cooked affect its palatability. The most significant of these changes is the

A. softening of elastin.
B. hydrolysis of fats.
C. breakdown of haemoglobin.
D. coagulation of proteins.

Z073

An oven temperature of 175°C is most appropriate when baking

A. chocolate ring cake.
B. date scones.
C. patty cakes.
D. sausage rolls.

Z074

Eggs are used as thickening agents in pie fillings because of their ability to

A. emulsify fats.
B. coagulate when heated.
C. gelatinise when cooked.
D. absorb any liquid which is present.

Z075

It is essential to blend a starch powder before cooking in order to

A. disperse the starch grains.
B. develop the gluten in the starch grains.
C. dissolve the starch grains.
D. gelatinise the starch grains.

Z076

Fat is used in cake batters mainly in order to

A. tenderise the product and improve its keeping qualities.
B. increase the volume of the cake and shorten the gluten strands.
C. improve the distribution of flavours throughout the batter.
D. allow air to be incorporated in the batter through creaming.

Z077

At which of the following stages is grilled fillet steak the most tender?

A. Rare.
B. Medium.
C. Well done.
D. Very well done.

Z078

Pieces of tough peel in marmalade occur when

A. sugar is added before the pulp is tender.
B. the fruit used is not ripe.
C. the fruit is not soaked overnight.
D. too much sugar is used.

Z079

The next two questions refer to the menu below.

Mrs. Kelly is giving a buffet luncheon for sixteen. The menu is

Curried Chicken Beef and Bean Casserole Tuna and Egg Mornay Savoury Rice Apple and Cinnamon Shortcake, Cream Coffee

The main reason the savoury dishes in the menu are particularly suitable for <u>buffet</u> service is because they

A. are attractive and colourful.
B. require minimum table space.
C. are light and therefore suitable luncheon dishes.
D. are easily eaten with splayds or forks.

Z080

Which principle of menu-planning allows Mrs. Kelly to be an effective hostess?

A. Dishes provide for likes and dislikes of guests.
B. All dishes can be prepared in advance.
C. Little time is needed for preparation.
D. All foods served can be reheated.

Z081

Shortcrust pastry should have a fine, short crumb. To achieve this the pastry should be mixed to a

A. moist dough and kneaded well.
B. dry dough and kneaded lightly.
C. moist dough and kneaded lightly.
D. dry dough and kneaded well.

Z082

The greatest loss in nutritive value when vegetables are boiled is in

A. starch.
B. proteins.
C. vitamin A.
D. vitamin C.

Z083

The process used to distribute fat evenly throughout milk is called

A. clarification.
B. fortification.
C. homogenisation.
D. pasteurisation.

Z084

The next five questions refer to the menus below.

BREAKFAST	LUNCHEON
Stewed Prunes/Boiled Rice	Cheese Omelette
Egg in Shell	Bread and Butter
Toast Fingers	Apple Snow & Cream
Tea	Coffee

DINNER

Fricassee of Chicken
Boiled Macaroni
Marrow. Diced Choko
Stirred Custard & Stewed Pears
Tea

The main vitamin deficiency in the breakfast menu could be overcome by the addition of food rich in

A. ascorbic acid.
B. niacin.
C. riboflavin.
D. thiamine.

Z085

The substitution of oatmeal porridge and milk for stewed prunes and boiled rice would provide significantly increased amounts of

A. carbohydrates, ascorbic acid and calcium.
B. calcium, thiamine and vitamin A.
C. thiamine, calcium and ascorbic acid.
D. thiamine, ascorbic acid and carbohydrates.

Z086

The dinner menu is lacking significant amounts of

A. ascorbic acid.
B. calcium.
C. carbohydrates.
D. complete protein.

Z087

The dinner does not follow recommended principles of meal planning because it

A. takes too long to prepare.
B. uses too many saucepans.
C. lacks variety in colour.
D. lacks nutritive value.

Z088

The nutritional value of the luncheon menu would be improved most by the substitution of

A. fried tomato for bread and butter.
B. orange cordial for coffee.
C. parsley for cheese.
D. raw pawpaw for apple snow.

Z089

The main property of wheat flour which makes it particularly suitable for bread making is its ability to

A. form gluten when mixed with water.
B. absorb water and gelatinise when heated.
C. improve the keeping qualities of the product.
D. dextrinise and cause browning of the product.

Z090

Cheaper cuts of meat are subjected to long, slow cooking because

A. they contain more connective tissue.
B. the protein will not overcoagulate.
C. the juices are retained in the gravy.
D. they have larger muscle fibres.

Z091

The metric unit of mass is the

A. gram. B. litre. C. metre. D. tablespoon.

Z092

A bitter taste in a plain butter cake results from too much

A. baking powder.
B. butter.
C. salt.
D. self-raising flour.

Z093

A product made from flaky pastry is lacking in flakiness. This is due to

A. allowing the fat to melt during preparations.
B. the wrong type of fat being used.
C. too much fat being used.
D. uneven rubbing in of the fat.

Z094

Fat is an essential ingredient in pastry making because it

A. aerates the dough.
B. improves the flavour.
C. aids in kneading the dough by binding all the ingredients together.
D. shortens gluten strands in the flour, resulting in a tender product.

Z095

When baking powder is moistened and heated it produces the gas

A. carbon dioxide.
B. hydrogen sulfide.
C. nitrogen dioxide.
D. sulfur dioxide.

Z096

The next two questions refer to the menu below.

Cream of Tomato Soup
Fried Crumbed Cutlets
Carrot Rings
Mashed Potato
Broccoli

Baked Custard
Stewed Apple

This menu would not be suitable for a person on a light diet because

A. mashed potato is rich in carbohydrates and kilojoules.
B. the fried cutlets are too rich in fat.
C. there is too much to eat in this meal.
D. the tomato soup may curdle when it reaches the stomach.

Z097

A lacto-vegetarian would not eat this meal as

A. a good source of complete protein is not provided.
B. dairy products are used in the soup and the custard.
C. the fried cutlets are directly from an animal source.
D. the meal is not based on vegetables.

Z098

Boiling vegetables with an alkali such as bicarbonate of soda increases the loss of

A. ascorbic acid.
B. iron.
C. vitamin A.
D. vitamin D.

Z099

A starch powder must be blended with liquid before cooking in order to

A. develop the gluten in the starch granules.
B. disperse the starch granules.
C. dissolve the starch granules.
D. gelatinise the starch granules.

Z100

The most important reason for cooking vegetables in a small quantity of boiling water is to

A. enhance the flavour.
B. minimise nutrient loss.
C. preserve the colour.
D. reduce the cooking time.

Z101

Pressure cooking is a suitable method of cooking vegetables because

A. being slow, it cooks the vegetables right through.
B. salt need not be added.
C. the carotenoids are not lost.
D. water soluble vitamins are retained.

Z102

Which of the descriptions below applies to baking powder?

A. An alkali which produces carbon dioxide in the presence of warmth and moisture.
B. A mixture of an alkali and an acid which produces oxygen when heated.
C. A mixture of an alkali and an acid which produces carbon dioxide in the presence of warmth and moisture.
D. An acid which produces carbon dioxide in the presence of warmth and moisture.

Z103

The characteristic odour of rotten eggs is caused by

A. carbon dioxide.
B. hydrogen peroxide.
C. hydrogen sulfide.
D. sulfur dioxide.

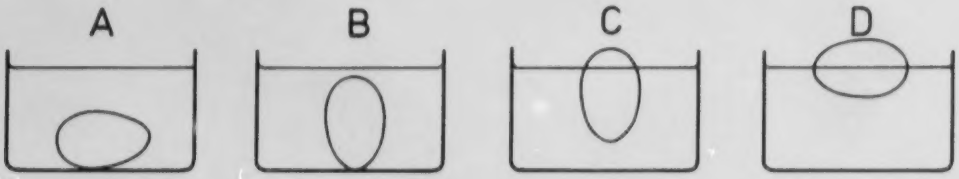
Z104

To retain the shape of fresh fruit when stewing, the fruit is

A. placed in a boiling syrup and cooked gently with the lid on until tender.
B. placed in cold water and sugar and cooked rapidly until tender.
C. soaked first then heated in sugar and water until tender.
D. soaked first and then stewed rapidly in boiling syrup until tender.

Z105

The next two questions refer to the diagrams below which show four eggs being tested for freshness.



Which egg (A, B, C or D) would be freshest?

Z106

Which egg (A, B, C or D) would be the stalest?

Z107

The best ingredients for making a gingerbread cake rise are

A. cream of tartar and bicarbonate of soda.
B. golden syrup and baking powder.
C. golden syrup and bicarbonate of soda.
D. golden syrup and cream of tartar.

Z108

Vegetables deteriorate more quickly if they contain a large amount of

A. cellulose.
B. starch.
C. vitamins.
D. water.

Z109

Egg whites will beat to a greater volume if the eggs are

A. used immediately from the refrigerator.
B. allowed to reach room temperature.
C. beaten with salt added.
D. beaten with sugar added.

Z110

The gas produced by the fermentation of yeast in bread dough is

A. carbon dioxide.
B. carbon monoxide.
C. chlorine dioxide.
D. hydrogen peroxide.

Z111

The next two questions relate to the menu and time plan below.

MENU

Baked Chicken (using 2 kg. fresh chicken)
Thin Brown Gravy
Baked Potato
Baked Carrot
Boiled Beans (frozen)
Casseroled Pears
Whipped Cream.

TIME PLAN

TIME	PREPARATION
4.00 p.m.	1. Place chicken in oven.
5.00 p.m.	2. Peel and chop potato and carrot, place in oven with chicken.
5.30 p.m.	3. Prepare pears, place in oven.
5.40 p.m.	4. Whip cream, boil water for beans.
6.00 p.m.	5. Remove chicken and vegetables from oven, carve chicken, drain vegetables.
6.10 p.m.	6. Make gravy from pan juices and place beans in saucepan.
6.20 p.m.	7. Serve meal.

The best and most efficient time to start setting the table during the preparation of <u>this</u> meal would be

A. 3.50 p.m. B. 4.10 p.m. C. 5.35 p.m. D. 6.15 p.m.

Z112

In terms of time and energy management, casseroled pears is an excellent choice of dessert for this meal as it

A. can be cooked in the oven at the same time as the main course, thereby reducing fuel costs.
B. is easier to prepare than any other dessert which needs to be cooked in the oven.
C. can be reheated in case the meal is served late.
D. adds extra vitamin C and cellulose to the meal.

Z113

Compared with milk delivered in bottles, milk delivered in cartons will retain more of the vitamin,

A. ascorbic acid. C. thiamine.
B. riboflavin. D. vitamin A.

Z114

Leafy vegetables stored uncovered in a refrigerator deteriorate mainly because of

A. a change in the cellulose structure.
B. the absorption of flavours and odours.
C. the loss of minerals and vitamins.
D. dehydration or water loss.

Z115

The next three questions refer to the menu below.

Bean and Onion Casserole Apple Crumble, Custard Tea, milk, sugar.

Which bean variety would you choose to make this meal well-balanced?

A. Broad. B. French. C. Lima. D. Soya.

Z116

A strict vegetarian would not eat this meal because

A. vegetables are prohibited in their diet.
B. apple crumble contains too much sugar.
C. the main course needs meat to make it balanced.
D. the custard was made from eggs and milk.

Z117

For a lacto-vegetarian, the most suitable substitute for Bean and Onion Casserole in this menu would be

A. fish cakes, carrot rings, mashed potato and broccoli.
B. sharp steak, broad beans, chipped potatoes and pumpkin.
C. Spanish omelette containing diced vegetables.
D. fricasseed chicken and sauteed vegetables.

Z118

The changes which take place in the texture and solubility of incorrectly stored milk powder are caused by the

A. absorption of moisture by milk solids.
B. denaturation of proteins and hydrolysis of lactose.
C. oxidation of fat in the full cream milk solids.
D. enzymatic breakdown of fats into fatty acids and glycerol.

Z119

Rancidity in fats and oils is caused by

A. absorption. C. oxidation.
B. emulsification. D. saponification.

Z120

The flavouring of chocolate milk remains dispersed when the milk has been

A. homogenised. C. pasteurised.
B. hydrolysed. D. sterilised.

Z121

The separation of liquid from an over-cooked baked custard is called

A. coagulation.
B. denaturation.
C. emulsification.
D. syneresis.

Z122

Successful aeration of flour products containing yeast is dependent on

A. quick, light handling of the dough.
B. formation and retention of carbon dioxide.
C. prevention of fermentation.
D. supplying yeast with sufficient salt.

Z123

In breadmaking, fermentation results from

A. an oxidative process.
B. a reduction process.
C. enzymatic reactions.
D. mechanical actions.

Z124

Scones have risen well but have a deep yellow colour and a sour taste. This is caused by too great a proportion of

A. cream of tartar to bicarbonate of soda.
B. baking powder to flour.
C. carbon dioxide to acid.
D. bicarbonate of soda to cream of tartar.

Z125

When rennet is added to milk a curd forms. This curd consists of fat, some sugar, mineral salts, and coagulated

A. casein.
B. globulin.
C. lactalbumin.
D. myosin.

Z126

The formation of bubbles of gas in jams and jellies during storage is frequently due to

A. the presence of yeasts.
B. the use of too much sugar.
C. overcooking of the jam or jelly.
D. using too much acid and sugar.

Z127

In the cooking of foods containing vitamins B and C, nutrient loss is minimised when foods are

A. cooked in a slightly alkaline solution.
B. prepared just before cooking.
C. soaked overnight in salted water.
D. cooked by moist heat at a high temperature.

Z128

The most effective means of preventing sugar crystallisation when making toffee is to

A. add a specified amount of vinegar or glucose.
B. boil for a short time with the lid on the saucepan.
C. stir for three minutes after boiling.
D. boil slowly to a temperature below 150°C.

Z129

When meat and fish are cooked at high temperatures, or for too long, excessive shrinkage occurs because of the loss of

A. glycogen.
B. iron.
C. protein.
D. water.

Z130

The best method to choose for the cooking of one kilo of chuck steak would be

A. baking.
B. casseroling.
C. frying.
D. grilling.

Z131

Cooking meat by moist heat at high temperatures for a long time will cause

A. the emulsification of fat.
B. over-development of the extractives.
C. separation of meat fibres.
D. the meat to become tough.

Z132

Shrinkage of meat during cooking is primarily caused by the

A. hydrolysis of collagen.
B. contraction of proteins.
C. loss of extractives.
D. loss of all the fat.

Z133

Bicarbonate of soda and cream of tartar were combined as the raising agent for a scone loaf. When cooked, the scone loaf had a satisfactory volume but the crumb had a yellow colour and bitter taste. This suggests that

A. there was too little cream of tartar for the amount of bicarbonate of soda.
B. there was too little bicarbonate of soda for the amount of cream of tartar.
C. the cream of tartar was sieved with the flour and the bicarbonate of soda was dissolved in the milk.
D. excessive development of gluten in the scone dough occurred.

Z134

Fruit for jam making must be cooked until tender <u>before</u> the sugar is added to

A. destroy the mould enabling the jam to keep longer.
B. soften the cellulose and release the pectin from between the cells.
C. ensure that the jam has a good colour.
D. prevent crystallisation of the sugar.

Z135

Large cuts of meat with large amounts of connective tissue would be successfully oven roasted provided they are cooked

A. at a low temperature for shorter periods of time than would otherwise be necessary, and if some water is added to the baking dish.
B. at a low temperature for a longer period than would otherwise be necessary.
C. at a higher temperature for shorter periods of time than would otherwise be necessary.
D. quickly, but for longer periods of time than would otherwise be necessary.

Z136

Which ingredient is effective in raising the coagulation temperature of an egg mixture?

A. Milk.
B. Salt.
C. Sugar.
D. Vinegar.

Z137

When cooking meat by dry heat methods which of the following effects would not occur?

A. The fat would melt and become crisp on the surface.
B. Shrinkage would occur due to the contraction of connective tissue and loss of fat.
C. Juices would be squeezed out and the meat would become drier.
D. Muscle fibres would be tenderised due to the collagen being converted to gelatin.

Z138

The development of mould on apricot jam is caused by

A. storing in a warm, damp place.
B. too much sugar and not enough acid or pectin.
C. cooking for too short a time to invert sugar to simple sugar.
D. over-evaporation due to cooking too long.

Z139

Cream of tartar or vinegar is an important ingredient when making meringues because it

A. contributes flavour.
B. leavens the product.
C. reduces the amount of beating required.
D. stabilizes the egg white foam.

Z140

A likely change in the structure of eggs stored at room temperature which would make them unsuitable for poaching is

A. a decrease in the viscosity of the white.
B. an increase in the thick jelly area of the white.
C. a decrease in the size of the air sac.
D. the rancidity of the fat in the egg yolk.

Z141

The brown colour which often results when cut fruits and vegetables are allowed to stand is caused by the oxidation of

A. vitamin C.
B. starch which has not been changed to sugar in ripening.
C. tannins by enzymes.
D. the cellulose walls of the plant.

Z142

Which of the following spoils most readily despite refrigeration?

A. Chicken.
B. Eggs.
C. Fish.
D. Veal chops.

Z143

When making a caramel pie filling, if too high a proportion of sugar is used to starch and liquid the final product will be

A. thinner because the higher temperature produced by increasing sugar content increases the rate of gelatinisation.
B. thinner because the sugar readily absorbs the liquid making it less available for starch gelatinisation.
C. thicker because the presence of sugar increases the temperature thus hastening the rate of gelatinisation.
D. thicker because the presence of sugar in high proportions allows starch to gelatinise to a greater extent.

Z144

The next two questions refer to the information below.

The following dinner menu is to be served at 6.00 p.m. The homemaker does not arrive home until 4.45 p.m.

Fried Sausages with Gravy
Mashed Potato
Boiled Pumpkin
Apple Pie (Homemade)
Cream

Which task would need to be done immediately the homemaker arrives home?

A. Make the apple pie.
B. Prepare the sausages.
C. Peel the vegetables.
D. Set the table.

Z145

Which task needs to be done within the last half hour?

A. The apple pie prepared and placed on to cook.
B. The cream whipped, the table set and the sausages fried.
C. The sausages fried, the apple pie prepared and placed on to cook.
D. The vegetables prepared, cooked and the sausages fried.

Z146

The next five questions refer to the following menus. Study the menus carefully. Answer the following statements in relation to your understanding of the implications of the menus.

BREAKFAST		
Toast with Butter & Vegemite Black Coffee and Sugar.		
LUNCH		DINNER
Fried Fish Potato Chips Chocolate milkshake.		Fried Sausages with Gravy Mashed Potato Boiled Pumpkin Baked Apple Pie Cream Black Tea

The menus planned for the day

A. are nutritionally sound but lacking in a variety of texture.
B. do not provide for a well balanced diet.
C. lack interest and variety of colour but are nutritionally sound.
D. provide for a well balanced diet.

Z147

To help meet the special nutritional needs of an adolescent girl, the day's menus could best be improved by

A. adding boiled peas to the dinner menu.
B. adding liver and bacon to the breakfast menu.
C. omitting the apple pie and cream.
D. substituting the chocolate milkshake with a piece of fruit.

Z148

A vegetarian would not eat the dinner because

A. a good source of complete protein is not provided.
B. dairy products are used in the cream.
C. sausages are included in the menu.
D. the meal contains mixed vegetables.

Z149

A homemaker wishing to economise on fuel costs should

A. change the dinner menu to casseroled meat balls with vegetables and retain the baked apple pie with cream.
B. change the dinner menu to casseroled meat balls with vegetables, stewed apple and stirred custard.
C. retain the present dinner menu as it is.
D. retain the dinner menu as it is but substitute pre-prepared frozen apple pie from the supermarket for the baked one.

Z150

If the homemaker worked outside the home and wished to manage her time and energy efficiently, she would be wise to

A. allocate some responsibilities to family members and plan menus and food orders in advance.
B. keep an account of the money spent on menus and evaluate this regularly.
C. plan menus daily and make up a list of the goods to be purchased when needed.
D. purchase goods daily so that every opportunity is made to take advantage of specials.

Z151

Which of the following indicates that a sugar syrup has reached the hard crack stage?

A. The formation of a pliable texture.
B. The formation of a hard ball.
C. The development of a golden colour and a snapping sound when broken.
D. The development of dark colour and a foaming consistency.

Z152

The substances present in all fresh foods which are responsible for the maturation and subsequent deterioration of foods are

A. enzymes.
B. moulds.
C. toxins.
D. yeasts.

Z153

Of the following frozen foods which is freeze-dried?

A. Canned soya beans.
B. Dehydrated sultanas.
C. Frozen peas.
D. Instant coffee.

Z154

In planning meals for a family the most important nutritional consideration is to

A. choose foods suited to the occasion for which the meal is required.
B. follow the principles of good nutrition tailored to suit the needs of family members.
C. make sure there is a variety of colour, flavour and texture so that meals will be interesting.
D. plan in advance so that good use may be made of specials.

Z155

The next three questions refer to the menu below.

1.	Pan Fried Pork Chops
	Apple Sauce
2.	Saute Peas (frozen)
	Turnip Rings
3.	Mashed Pumpkin
4.	Fruit Salad
	Cream
	Coffee, Milk

Which item in the menu would be best prepared 10 minutes before serving time?

A. Frozen peas.
B. Canned apple sauce.
C. Fresh pumpkin.
D. Pork chops.

Z156

What is the best order in which to prepare the meal?

A. 4, 3, 1, 2.
B. 3, 4, 1, 2.
C. 1, 2, 3, 4.
D. 4, 1, 3, 2.

Z157

If the meal were to be served at 6.30 p.m., at what time should the preparation of the pan fried pork chops begin?

A. 5.00 p.m.
B. 5.30 p.m.
C. 5.55 p.m.
D. 6.15 p.m.

Z158

Fish cooks more quickly than beef or lamb because fish

A. absorbs heat more quickly.
B. has a higher water content.
C. has shorter, more tender muscle fibres.
D. weighs less per gram.

Z159

Freezing preserves food by

A. killing the micro-organisms that spoil food.
B. setting the food in a solid block that is too hard for the micro-organisms to penetrate.
C. inactivating the micro-organisms that spoil food.
D. producing ice crystals that protect the food from attack by micro-organisms.

Z160

The next four questions refer to the following menus.

BREAKFAST	
Toast with Butter & Vegemite Black Coffee and Sugar	
LUNCH	DINNER
Fried Fish Potato Chips Chocolate milkshake	Fried Sausages with Gravy Mashed Potato Boiled Pumpkin Apple Pie (Homemade) Cream Black Tea

For which of these groups would the meals provide optimum nutrition?

A. Adolescent girls.
B. Elderly people.
C. Small children.
D. None of the above.

Z161

The foods incorporated in the lunch menu would

A. build up the body's resistance to infection.
B. contribute to the development of bones and teeth.
C. prevent disease of the gums and teeth.
D. provide for the normal functioning of the digestive tract.

Z162

If the day's menus were to be improved for small children, they would require

A. an increase in the amount of energy-giving foods.
B. lemonade to be substituted for the black coffee and tea.
C. the addition of crisp fruits and vegetables.
D. the foods to be decorated so that they would be encouraged to eat.

Z163

If the meals were to be served to a person recovering from an illness, it would be important to

A. make sure that the bones are removed from the fish.
B. make the meals look as attractive as possible.
C. serve only the liquids as these are easier to digest.
D. steam the fish and grill the sausages.

Z164

Biscuits should not be stored in the same container as cakes because

A. the biscuits will become dry and unpalatable.
B. the high fat content in cake causes biscuit flavours to be absorbed, so spoiling the cake.
C. cakes stale faster than biscuits and will therefore cause the biscuits to spoil unnecessarily.
D. biscuits will absorb moisture from cakes and so lose their crispness.

Z165

Elderly people are advised to include some cheese in their daily diet because cheese is an excellent source of

A. calcium. B. iron. C. lactose. D. niacin.

Z166

Which of the following should be included in the daily diet to avoid a possible deficiency of thiamine?

A. Butter and milk. C. Meat and fish.
B. Fruits and vegetables. D. Wholemeal cereals.

Z167

A common nutritional problem in affluent societies is an excess of

A. fibre. B. iodine. C. minerals. D. sugar.

Z168

Iron is a valuable nutrient because it

A. carries nitrogen in the blood stream.
B. is needed for the formation of haemoglobin in the blood.
C. reduces the amount of carbon dioxide in red blood cells.
D. strengthens the capillary walls.

Z169

The unit of energy in the metric system is the

A. gram. B. joule. C. litre. D. metre.

Z170

The minimum amount of energy required to maintain the body at complete rest is

A. determined by the total energy requirements of the individual.
B. the basic metabolic rate of the individual.
C. the same for people of the same age and weight.
D. the same for people of the same weight and height.

Z171

The mineral necessary for the formation of thyroxin is

A. cobalt. B. copper. C. iodine. D. iron.

Z172

An example of a monosaccharide is

A. glucose. B. lactose. C. maltose. D. sucrose.

Z173

Vitamin D is necessary for the utilisation of both calcium and

A. iodine. B. iron. C. phosphorus. D. thiamine.

Z174

To enable carbohydrates to be fully utilized for energy, the diet must always contain adequate quantities of

A. ascorbic acid. B. calcium. C. iron. D. thiamine.

Z175

An essential amino acid is one that

A. must be supplied in the diet as it cannot be synthesized in the human body.
B. need not be supplied in the diet because it can be synthesized in the human body.
C. is used for growth and repair of tissue, but is not used for energy.
D. is available for energy, but not growth and repair.

Z176

Citrus fruits are important sources of

A. ascorbic acid. B. niacin. C. thiamine. D. vitamin D.

Z177

Goitre is a disease caused by a lack of

A. calcium. B. iodine. C. iron. D. phosphorus.

Z178

The element which is found in proteins, but not in fats and carbohydrates is

A. carbon. B. hydrogen. C. nitrogen. D. oxygen.

Z179

Caseinogen is a protein found in

A. carrots. B. eggs. C. milk. D. poultry.

Z180

In developing countries where cereals and cassava form the basis of the diet, an eye disease called xerophthalmia may develop. This is because these foods lack

A. vitamin A.
B. vitamin B.
C. vitamin C.
D. vitamin D.

Z181

When vitamin A is added to margarine the product is then said to be

A. emulsified.
B. enriched.
C. hydrogenated.
D. re-constituted.

Z182

The water-soluble vitamins are

A. vitamins A and B.
B. vitamins B and C.
C. vitamins C and D.
D. vitamins A and D.

Z183

The three nutrients in milk that are necessary for growth and maintenance of bones and teeth are

A. calcium, iron and riboflavin.
B. thiamine, riboflavin and phosphorus.
C. vitamin D, calcium and phosphorus.
D. iron, vitamin D and thiamine.

Z184

A deficiency of thiamine in the diet will cause

A. unhealthy mucous membranes.
B. irritability and loss of appetite.
C. the vision to become impaired.
D. lack of absorption of calcium and phosphorus.

Z185

The enzyme responsible for the digestion of carbohydrates is

A. amylase. B. lipase. C. protease. D. zymase.

Z186

The important nutritive contribution made by the addition of skim milk solids to bread is that it

A. increases the energy value of each slice of bread.
B. supplements the vitamins A and D in the bread.
C. enables the body to utilize the nutrients more adequately because of better balance.
D. supplies added calcium and protein which supplement the value of gluten.

Z187

The small intestine is important in the digestive process as it

A. begins the digestion of protein.
B. contains villi which assist in absorption.
C. produces bile which emulsifies fat.
D. excretes hydrochloric acid, thus breaking down carbohydrates.

Z188

The enzyme responsible for the digestion of fats is

A. amylase. B. lipase. C. protease. D. zymase.

Z189

The next two questions refer to the menus below.

Breakfast A
Orange juice Cheese on buttered toast Hot milk.

Breakfast B
Small bunch of grapes Cornflakes, sugar, milk Scrambled egg, toast, butter Coffee (black).

Breakfast A would be more suitable than Breakfast B to a person over 70 because it is

A. rich in calcium and has a high energy value.
B. rich in calcium with a moderate energy value.
C. poor in calcium with a high energy value.
D. poor in calcium with a moderate energy value.

Z190

Which of the following changes to Breakfast B would reduce the time needed for preparation and eating without losing any nutritive value?

A. Substitute poached egg for the scrambled egg.
B. Substitute grapefruit and sugar for the grapes.
C. Remove the cornflakes, sugar and milk.
D. Remove the coffee.

Z191

The muscular movement of food along the digestive tract is called

A. dialysis.
B. osmosis.
C. peristalsis.
D. syneresis.

Z192

Supplying energy is the principal function of

A. carbohydrates.
B. cellulose.
C. proteins.
D. vitamins.

Z193

Building and repairing body tissues is the principal function of

A. carbohydrates.
B. cellulose.
C. proteins.
D. vitamins.

Z194

Regulation of the various body chemical processes is the principal function of

A. carbohydrates.
B. cellulose.
C. proteins.
D. vitamins.

Z195

Vitamin A is stored in the

A. blood. B. kidneys. C. liver. D. muscles.

Z196

There is little or no loss of vitamin A when carrots are boiled in salted water with the lid on the saucepan. This is because

A. salt prevents vitamin A being dissolved.
B. the lid of the saucepan prevents the escape of vitamin A in steam.
C. fat soluble vitamins are stable at ordinary cooking temperatures.
D. the water temperature prevents the destruction of vitamin A.

Z197

If skimmed milk is used to replace whole milk in the diet it is essential to provide additional

A. calcium.
B. protein.
C. riboflavin.
D. vitamin A.

Z198

Which of the following carbohydrates cannot be digested by the body?

A. Cellulose.
B. Fructose.
C. Maltose.
D. Starch.

Z199

The protein that forms the structural framework of bread is called

A. albumen.
B. casein.
C. gelatin.
D. gluten.

Z200

A prolonged dietary deficiency of iodine could result in

A. anaemia. B. goitre. C. rickets. D. scurvy.

Z201

Refined cereals keep better than the wholegrain because of the almost complete removal of

A. fat. B. cellulose. C. protein. D. vitamins.

Z202

Green leafy vegetables spoil more quickly than root vegetables because they contain greater amounts of

A. ascorbic acid.
B. carotene.
C. chlorophyll.
D. water.

Z203

Vitamin A is specifically related to the health of

A. bones and teeth.
B. ears and eyes.
C. eyes and skin.
D. skin and bones.

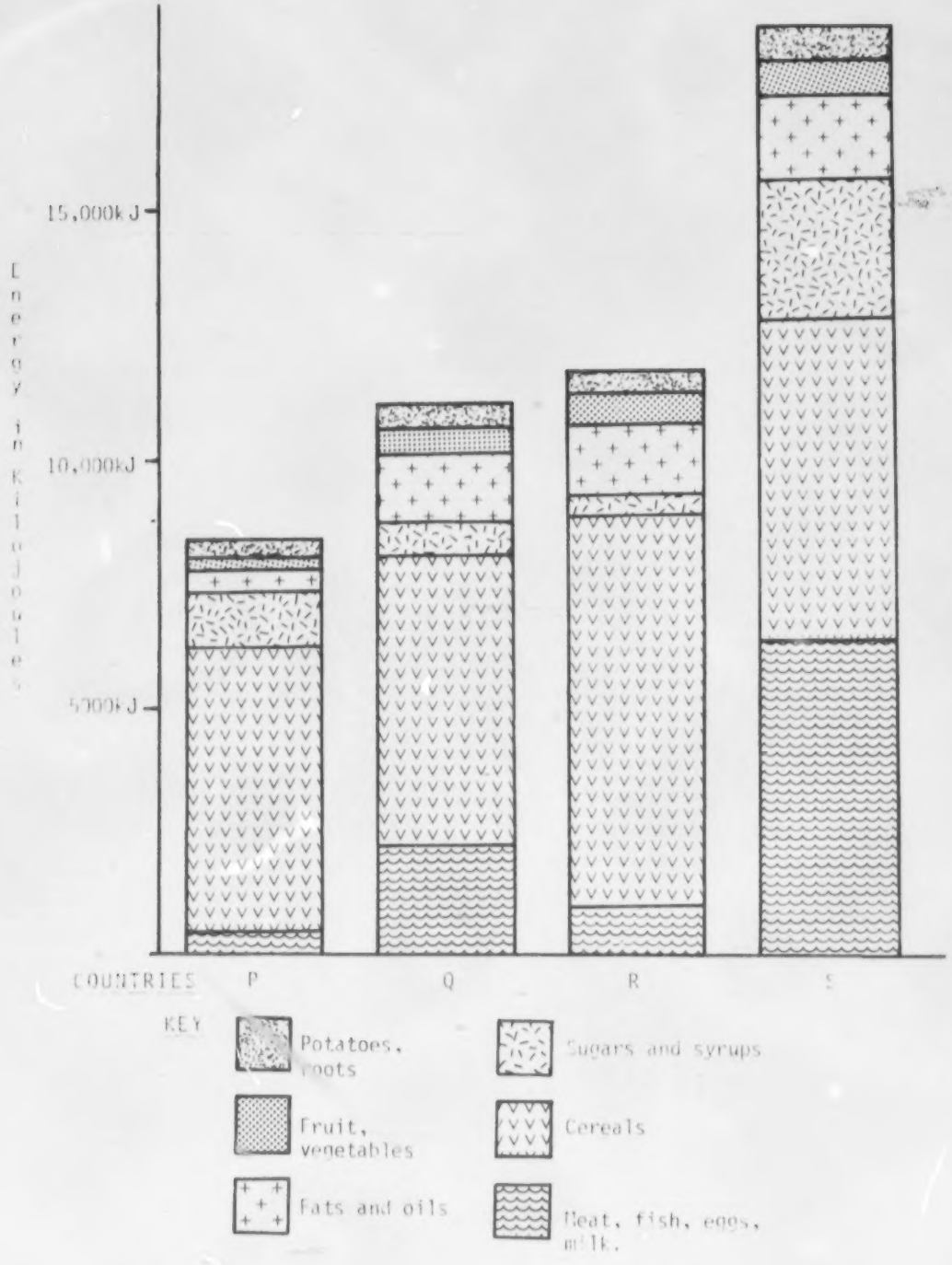
Z204

Which of the following nutrients requires the presence of thiamine during metabolism?

A. Carbohydrates.
B. Fats.
C. Minerals.
D. Proteins.

Z205

The next five questions refer to the graphs below.



In which country does the average daily food consumption best represent a well-balanced diet?

A. Country P.
B. Country Q.
C. Country R.
D. Country S.

Z206

People from Country P are very likely to be suffering from

A. ketosis.
B. overnourishment.
C. undernourishment.
D. xerophthalmia.

Z207

The diet of the people from Country Q would be best improved if the kilojoules consumed daily were

A. substantially increased by emphasizing the supplementary value of proteins.
B. limited, thus reducing the risk of heart disease.
C. appropriate to the individual's level of physical activity.
D. varied in accordance with the level of technology reached in industry.

Z208

People from Country R are very likely to be suffering from

A. overweight and fatigue due to a deficiency of energy-giving foods.
B. retarded growth and enlargement of the liver, due to a deficiency of complete protein.
C. night blindness, caused by the overconsumption of carbohydrates.
D. anaemia, resulting from a deficiency of fresh fruit and vegetables.

Z209

People from Country S are very likely to be suffering from

A. beri-beri,due to a deficiency of thiamine.
B. rickets, due to a deficiency of fresh fruit and vegetables.
C. kwashiorkor, due to a deficiency of complete protein.
D. overweight and dental caries, due to an overconsumption of carbohydrates.

Z210

Which of the following foods would be most likely to prevent infantile scurvy?

A. Cod liver oil.
B. Milk.
C. Orange juice.
D. Pureed vegetables.

Z211

Butter and table margarine should be included in the daily diet because they are reliable sources of fat and

A. calcium.
B. lactose.
C. protein.
D. vitamin A.

Z212

The vitamin most easily destroyed when milk is exposed to light is

A. ascorbic acid.
B. riboflavin.
C. vitamin A.
D. vitamin D.

Z213

The main function of calcium in the body is in the

A. absorption of other nutrients.
B. clotting of blood.
C. formation of bones and teeth.
D. renewal of red blood cells.

Z214

Of the following food groups which is the best source of the nutrient essential for the formation of haemoglobin in red blood cells?

A. Liver, nuts, raisins.
B. Corn, parsley, rice, legumes.
C. Seafoods, tomatoes, yeast extract.
D. Pasta, milk, offal.

Z215

Fibre is necessary in the diet to

A. supply energy.
B. provide bulk for the large intestine.
C. repair body tissues.
D. protect vital organs.

Z216

Cellulose is necessary in the diet to

A. supply energy.
B. provide bulk for the large intestine.
C. repair body tissues.
D. protect vital organs.

Z217

The next two questions refer to the information below.

A sixteen year old girl has the following breakfast each day:

Buttered Wholemeal Toast. Vegemite. Black Coffee.

Three serious deficiencies in the nutrient content of this meal are

A. incomplete protein, riboflavin and iron.
B. calcium, ascorbic acid and complete protein.
C. riboflavin, calcium and thiamine.
D. iron, thiamine and ascorbic acid.

Z218

Which of the following groups of foods would best overcome these deficiencies?

A. Orange juice, toast and bacon.
B. Apple juice, cornflakes and milk.
C. Egg, bacon and apple juice.
D. Milk, orange juice and egg.

Z219

Adolescent girls should be encouraged to include such foods as liver, kidney and heart in their diets to help prevent

A. anaemia.
B. beri-beri.
C. goitre.
D. rickets.

Z220

A deficiency of ascorbic acid in the diet causes

A. the body to bruise easily.
B. irritability and loss of appetite.
C. swelling of the thyroid gland.
D. night blindness.

Z221

Which of the following is it advisable to include in the daily diet of adolescents to avoid a possible deficiency of thiamine?

A. Butter and milk.
B. Fruit and fish.
C. Unrefined sugar.
D. Wholegrain cereals.

Z222

Potatoes retain their greatest amount of ascorbic acid when

A. peeled and baked in aluminium foil.
B. peeled and baked in a small quantity of water.
C. baked or steamed in their jackets.
D. boiled in their jackets, peeled and creamed.

Z223

Which of the following beans would supply complete protein in a vegetarian diet?

A. French. B. Haricot. C. Lima. D. Soya.

Z224

The peristaltic movement of muscles of the alimentary canal is stimulated when the diet contains adequate amounts of

A. fat. B. fibre. C. protein. D. water.

Z225

The peristaltic movement of muscles of the alimentary canal is stimulated when the diet contains adequate amounts of

A. cellulose. B. fat. C. protein. D. water.

Z226

Fruit and vegetables are of importance in the diet chiefly because they are the only rich sources of

A. ascorbic acid.
B. niacin.
C. thiamine.
D. vitamin D.

Z227

Which of the following vitamins is most readily lost in food preparation?

A. Vitamin A.
B. Vitamin B.
C. Vitamin C.
D. Vitamin D.

Z228

When wheat germ is added to breakfast cereals it contributes valuable amounts of

A. starch, protein, iodine and thiamine.
B. cellulose, fat, thiamine and vitamin D.
C. protein, fat, thiamine and iron.
D. protein, vitamin D, iron and cellulose.

Z229

When dried milk is added to flour in making bread, the nutritive value of the bread is improved because the dried milk

A. contains proteins which supplement the value of gluten.
B. helps to retain the calcium content of the flour.
C. increases the kilojoule yield per slice of bread.
D. ensures that the nutrients of bread will be better utilised in the body.

Z230

If rice is boiled in a large amount of water, which of the following nutrients is dissolved in the cooking water?

A. Calcium. B. Iron. C. Protein. D. Thiamine.

Z231

The protein in egg white is called

A. albumen. B. collagen. C. gliadin. D. myosin.

Z232

Which of the following foods has the least protein?

A. Cornflakes. B. Eggs. C. Nuts. D. Yoghurt.

Z233

The best source of thiamine in the diet is

A. egg yolk. B. kidney. C. milk. D. yeast.

Z234

The nutrients which are <u>not</u> well supplied by white fish are

A. carbohydrates and fats.
B. carbohydrates and protein.
C. fats and vitamins.
D. protein and fats.

Z235

The best sources of vitamin A are

A. butter and egg yolk.
B. butter and fresh fruit.
C. cheese and green peas.
D. cheese and wholegrain cereals.

Z236

The nutrients which are the major source of energy for the body are

A. carbohydrates and cellulose.
B. carbohydrates and fats.
C. carbohydrates and proteins.
D. proteins and fats.

Z237

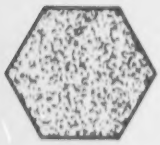
Caseinogen is a protein found in

A. carrots. B. eggs. C. milk. D. poultry.

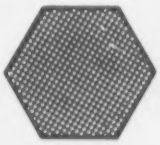
Z238

The next three questions refer to these diagrams.

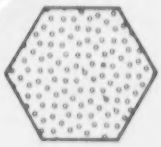
Each of the following represents 1 molecule.



glucose.

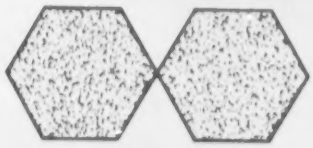


fructose



galactose

The combination of the two molecules shown represents the formation of

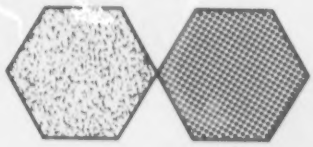


glucose glucose

A. cellulose. C. lactose.
B. glucose. D. maltose.

Z239

The combination of the two molecules shown represents the formation of

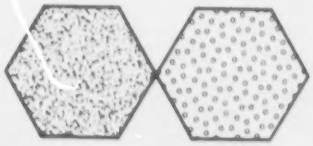


glucose fructose

A. glucodin. C. lactose.
B. glycogen. D. sucrose.

Z240

The combination of the two molecules shown represents the formation of



glucose galactose

A. lactose. C. starch.
B. maltose. D. sucrose.

Z241

A low cholesterol diet is low in

A. carbohydrates. C. kilojoules.
B. dairy products. D. vegetable oils.

Z242

Lactose is the sugar found in

A. cane sugar. B. fruit. C. honey. D. milk.

Z243

Marasmus results from a deficiency in the diet of

A. carbohydrate and iron.
B. protein, carbohydrate and fat.
C. protein, vitamin C and iron.
D. vitamin C and carbohydrate.

Z244

Which type of milk would be suitable for a person on a slimming diet?

A. Condensed milk.
B. Evaporated milk.
C. Full cream powdered milk.
D. Skim milk.

Z245

The water soluble vitamins are

A. vitamins A and B.
B. vitamins A and C.
C. vitamins B and C.
D. vitamins D and A.

Z246

Kwashiorkor is caused by the lack of

A. all nutrients.
B. complete protein.
C. incomplete protein.
D. vitamins and minerals.

Z247

Wholegrain cereals have short keeping qualities because of the presence of

A. carbohydrate.
B. cellulose.
C. fat.
D. protein.

Z248

The shell of an egg consists mainly of

A. calcium carbonate.
B. calcium cyclamate.
C. sodium bicarbonate.
D. sodium carbonate.

Z249

The end-product of protein digestion is

A. amino acid. B. glucose. C. glycerol. D. glycogen.

Z250

The mineral element required to transport oxygen in the blood stream is

A. calcium. B. iodine. C. iron. D. phosphorus.

Z251

The meat proteins are

A. edestin and glutenin.
B. gliadin and zein.
C. hordein and edestin.
D. myosin and fibrin.

Z252

An example of a monosaccharide is

A. galactose.
B. glycogen.
C. lactose.
D. sucrose.

Z253

The muscular movement of food along the alimentary canal is called

A. dialysis.
B. osmosis.
C. peristalsis.
D. syneresis.

Z254

After six months, breast fed babies need their diet supplemented by egg yolk and sieved green vegetables to supply

A. iodine.
B. iron.
C. vitamin C.
D. vitamin D.

Z255

A protein found in meat is

A. albumen.
B. caseinogen.
C. glutenin.
D. myosin.

Z256

The next two questions refer to the picture on the right.

This man is suffering from

A. beri-beri.
B. goitre.
C. pellagra.
D. scurvy.

Z257

Which group of foods, could have prevented this problem?

A. Beef, lamb and rabbit.
B. Poultry, liver and ice-cream.
C. Raisins, tomatoes and oranges.
D. Seafoods, iodised salt and leafy vegetables.

Z258

The elements essential to the formation of a protein molecule are

A. carbon, sulfur, oxygen and nitrogen.
B. sulfur, oxygen, phosphorus and hydrogen.
C. oxygen, phosphorus, hydrogen and nitrogen.
D. carbon, oxygen, hydrogen and nitrogen.

Z259

The curd that forms when rennet is added to milk is

A. coagulated lactalbumen.
B. coagulated casein.
C. coagulated globulin.
D. coagulated gliadin.

Z260

The enzymes that are responsible for the digestion of fats are

A. hydroses. B. lipases. C. rennin. D. trypsin.

Z261

The small intestine is very important in the digestion of all food because it

A. completely digests carbohydrates.
B. contains villi which aid absorption of nutrients.
C. produces bile which digests fats.
D. stores waste roughage until it is removed from the body.

Z262

Simulated meat protein is made from

A. meat protein made to resemble soya beans.
B. meat protein which is dried.
C. vegetable protein in the form of soya beans.
D. vegetable protein which has been modified to resemble meat.

Z263

The peristaltic movement of muscles of the digestive tract is stimulated when the diet contains adequate amounts of

A. fat. B. fibre. C. protein. D. water.

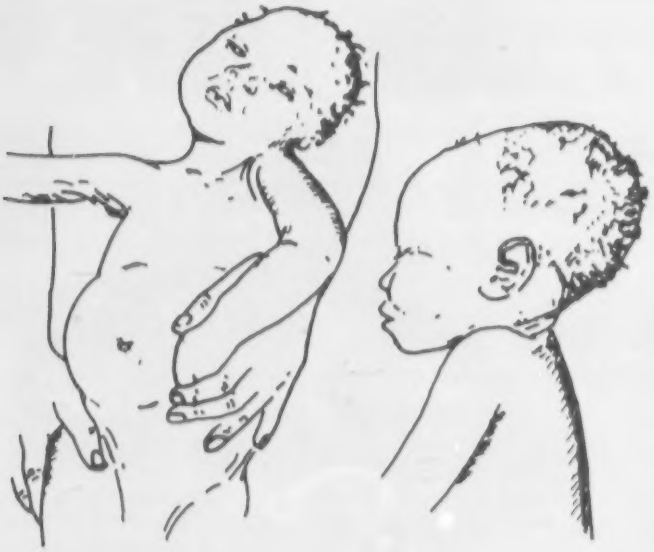
Z264

The peristaltic movement of muscles of the digestive tract is stimulated when the diet contains adequate amounts of

A. cellulose. B. fat. C. protein. D. water.

Z265

The next two questions refer to the pictures and symptoms below.



These African children had the following symptoms:
- a rash, and peeling skin
- wasting of limbs
- mental apathy
- soft and scanty hair.

They are most likely suffering from

A. anaemia. B. goitre. C. kwashiorkor. D. scurvy.

Z266

These deficiency symptoms could be cured by including in the diet more

A. carbohydrate rich foods.
B. citrus fruits.
C. fats.
D. protein rich foods.

Z267

Extended storage of green vegetables causes the loss of

A. protein and minerals.
B. water and vitamins.
C. water and minerals.
D. vitamins and protein.

Z268

Protein taken in excess of that needed to meet daily requirements is not stored in the body as such. The excess amino acids are

A. converted and used for energy.
B. stored for further body-building.
C. used to stimulate bowel activity.
D. used to strengthen hair and nails.

Z269

In developing countries where cereals and cassava form the basis of the diet an eye disease called xeropthalmia may develop. This is because these foods lack

A. vitamin A.
B. vitamin B.
C. vitamin C.
D. vitamin D.

Z270

A serving of meat in the daily diet is desirable because meat is a reliable source of complete protein and

A. calcium, thiamine and glycogen.
B. iron, fat and thiamine.
C. iron, riboflavin and vitamin D.
D. niacin, iron and phosphorous.

Z271

Fats react chemically in the digestive tract with various alkaline substances. This reaction is called

A. fermentation.
B. gelatinisation.
C. homogenisation.
D. saponification.

Z272

Some vitamins are required daily because they cannot be stored to any extent in the body. Which of the following groups is required daily?

A. Thiamine, vitamin A, vitamin D.
B. Thiamine, riboflavin, vitamin C.
C. Riboflavin, niacin, vitamin D.
D. Niacin, vitamin C, vitamin A.

Z273

A deficiency of ascorbic acid in the diet causes

A. breakdown of the intercellular material.
B. malformation of joints.
C. tiredness and listlessness.
D. unhealthy mucous membranes resulting in respiratory infections.

Z274

The vitamin most important for the release of energy from nutrients in the tissues of the body is

A. vitamin A.
B. vitamin B.
C. vitamin C.
D. vitamin D.

Z275

People whose staple diet is of polished rice are likely to suffer from beri-beri because polished rice is deficient in

A. ascorbic acid.
B. niacin.
C. riboflavin.
D. thiamine.

Z276

Irritability, depression and poor appetite would most likely be the result of a dietary deficiency of

A. ascorbic acid.
B. niacin.
C. thiamine.
D. vitamin D.

Z277

Calcium may not be absorbed by the body when there is a food present which contains significant amounts of

A. amino acids.
B. citric acid.
C. oxalic acid.
D. tannic acid.

Z278

Which of the following pairs of vitamins are fat soluble?

A. Thiamine and niacin.
B. Thiamine and vitamin D.
C. Vitamin A and niacin.
D. Vitamin A and vitamin D.

Z279

Cereal products made from the endosperm of the grain contain

A. starch and some protein and fat.
B. starch, vitamin B, some minerals and protein.
C. vitamin B, minerals, protein and fat.
D. vitamin B, minerals and protein.

Z280

Of the following chemicals, which one will react to the presence of starch?

A. Acetic acid.
B. Iodine.
C. Millon's Reagent.
D. Sudan III.

Z281

The disaccharide present in milk is

A. glucose. B. lactose. C. maltose. D. sucrose.

Z282

Junket is an example of clotted milk in which the protein is precipitated out of solution by the action of rennin. The protein concerned is

A. albumin.
B. casein.
C. lacto globulin.
D. serum albumin.

Z283

In the metabolism of carbohydrates excess glucose is stored in the liver as

A. galactose.
B. glycerides.
C. glycerol.
D. glycogen.

Z284

If there was a country in which the staple diet was milled rice, which of the following nutrients would most probably be deficient?

A. Protein.
B. Riboflavin.
C. Thiamine.
D. Vitamin C.

Z285

Which of the following nutrients is not converted to fat tissue?

A. Carbohydrate.
B. Cellulose.
C. Fat.
D. Protein.

Z286

The enzyme, salivary amylase, converts

A. carbohydrates into glucose.
B. cooked starch into maltose.
C. polysaccharides into dextrins.
D. proteins into peptones.

Z287

Before being absorbed by the blood stream the final products of protein digestion are

A. fatty acids.
B. amino acids.
C. peptides.
D. glycerides.

Z288

Enriched cereals are those which contain

A. the whole of the grain.
B. only the endosperm.
C. added carbohydrates and proteins to replace those lost in the manufacturing process.
D. added vitamins and minerals to replace those lost in the manufacturing process.

Z289

The most satisfactory method of losing weight without creating a nutritional imbalance is to

A. omit one meal every day.
B. avoid all foods containing fats and carbohydrates.
C. eat all the recommended foods in smaller quantities.
D. follow a diet recommended by a fashion magazine.

Z290

Which of the following instructions would <u>not</u> aid vitamin C retention when cooking vegetables?

A. Cook for as short a time as possible.
B. Do not add bicarbonate soda to the vegetables.
C. Put vegetables into cold water and bring to the boil.
D. Use as little water as possible.

Z291

Which of the following methods of lighting a room produces the least amount of shadow?

A. A reading lamp at eye level.
B. A standard lamp and wall lights.
C. A fluorescent tube attached to the ceiling.
D. A single bulb in the centre of the ceiling.

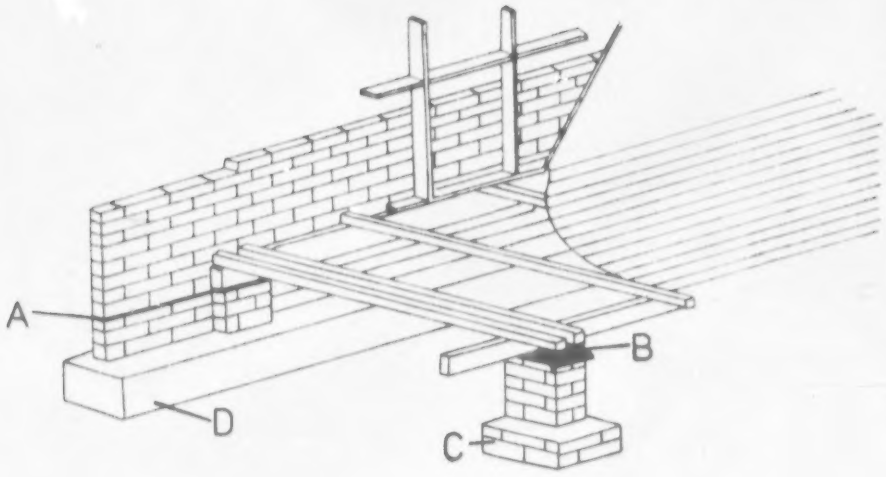
Z292

Electroplating, enamelling, painting and galvanising are all processes aimed at

A. protecting metal from corrosion.
B. making metals more attractive.
C. making metals heat resistant.
D. preventing contamination of foods by metals.

Z293

The next three questions refer to the diagram below.



Examine the diagram of house foundations and answer the following three questions by choosing the appropriate letter from the diagram.

What structure prevents moisture rising up in the walls?

Z294

Which part is composed of re-inforced concrete?

Z295

Which part prevents white ants from attacking woodwork?

Z296

An "off-peak" hot-water system has an advantage over other systems because it

A. is less expensive to operate.
B. reduces the amount of water required for heating.
C. can heat water at a faster rate.
D. can be thermostatically controlled.

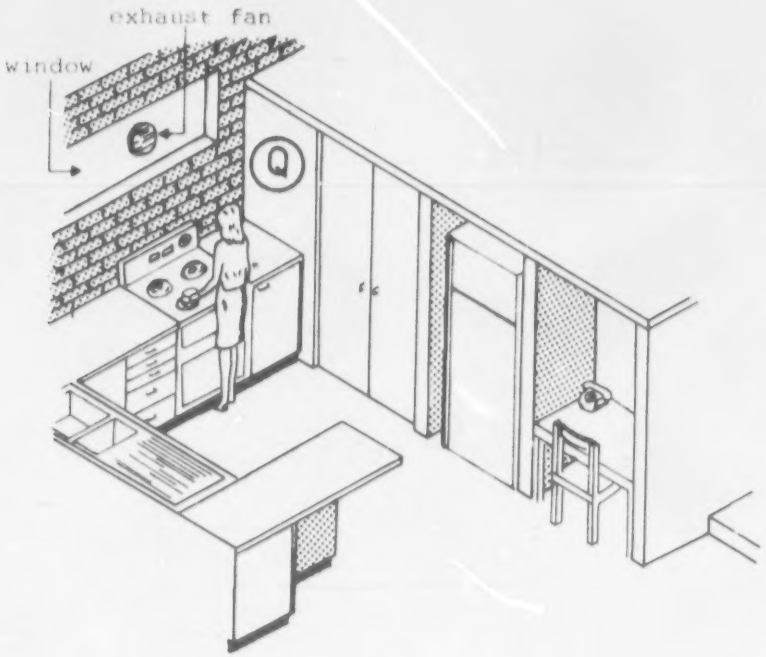
Z297

The most important factor to consider when choosing the design for a kitchen is the

A. number and spacing of the windows.
B. number of cupboards on the walls.
C. size and position of the sink.
D. size of the work triangle.

Z298

The next four questions refer to the diagram below.



This kitchen is in a house which is situated in the coldest part of Australia.

To gain early morning sun, the best aspect for the window in this room is

A. east. B. north. C. south. D. west.

Z299

The location of the exhaust fan (above the stove) is ideal as the purpose of the fan is to

A. blow cool air into the room.
B. remove greasy films and odours.
C. control room temperature.
D. circulate fresh air.

Z300

To reduce unnecessary movement whilst cooking, the area marked Q on the diagram would be best used for

A. building a broom cupboard.
B. building shelves for often used items near the stove.
C. setting a microwave oven into the wall.
D. hanging a chart of weights and measures.

Z301

The work triangle in this kitchen is between the

A. stove, sink, and pantry.
B. stove, breakfast bar and pantry.
C. stove, sink and refrigerator.
D. stove, refrigerator and breakfast bar.

Z302

In order to make a small lounge room appear larger it is advisable to

A. place all furniture against the walls so there is a space in the centre of the room.
B. use a carpet square instead of wall to wall carpet.
C. use brightly coloured patterns in curtains, wallpaper and lounge coverings.
D. use light colours for floor and wall coverings.

Z303

The most effective way of keeping a house cool during summer, and warm in winter is to have

A. curtains.
B. insulation.
C. tinted glass.
D. wide eaves.

Z304

When choosing a material for the work surface in the kitchen, the most important consideration is the

A. cost of the material in relation to its attractiveness.
B. effect of the colour on time and energy management.
C. effect of the colour upon kitchen harmony and atmosphere.
D. durability of the material in relation to its cost.

Z305

At which stage in the family life cycle would a family's needs make a move to a larger home necessary?

A. Beginning stage.
B. Contracting stage.
C. Expanding stage.
D. Later years.

Z306

The damp-proof course is found

A. below ground level.
B. just above ground level.
C. around the doors and windows.
D. just above the floor level.

Z307

The next three questions refer to the information and diagram below.

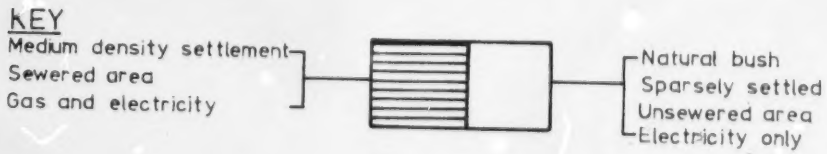
Mr. and Mrs. Jones work in the city to which they commute by public transport. They have two children of primary school age.

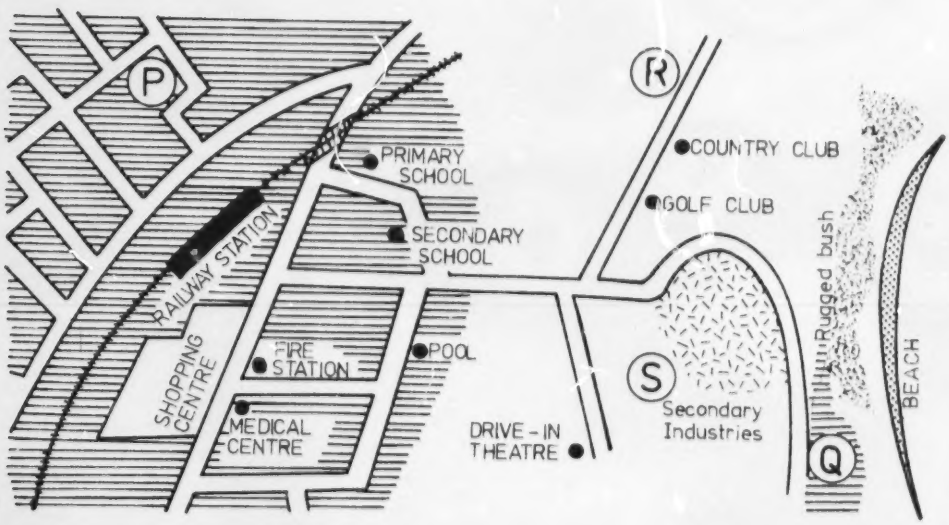
They have managed to save $8 000 and are considering the advantage of buying a block of land further out of the metropolitan area, and building their first home.

They are faced with a number of decisions concerning the location and facilities of their new home.

The options open to the Jones' are:

Block P which requires a deposit of $7 000.
Block Q which requires a deposit of $8 000.
Block R which requires a deposit of $6 000.
Block S which requires a deposit of $5 000.





Considering the family's needs, the wisest choice for the Jones family would be

A. Block P because of its proximity to a wide range of community facilities and public transport.
B. Block Q as its closeness to the beach would be better for the children and beach front sites always have good resale value.
C. Block R as it is inexpensive and has easy access to the golf and country club.
D. Block S as it has a natural bush setting and is very inexpensive.

Z308

Considering the future financial commitments of the family, the most important factor influencing the Jones' decision would be

A. whether the area was sewered or not.
B. future development plans for the area.
C. the proximity of the block to the railway station.
D. the presence of natural bush surroundings.

Z309

The most economical method of financing the home would be to acquire

A. a bank loan.
B. bridging finance.
C. a finance company loan.
D. a second mortgage.

Z310

The best way the homemaker can minimise the potential cause of accidents from floor rugs is to

A. select rugs with rubber backings.
B. secure the rugs at the corners.
C. remove any decorative fringed edges.
D. choose rugs with a short-pile.

Z311

A fan on a hot day cools you because

A. it blows cool air over you in a circular motion.
B. moving air is always cold.
C. the fan cools the air.
D. it increases the rate of evaporation of perspiration.

Z312

When decorating a room with a low ceiling an illusion of greater height can be created by

A. painting the ceiling a lighter colour than the walls and floor.
B. selecting a horizontal stripe wallpaper.
C. covering furnishings and walls in soft textures.
D. choosing bright and contrasting colours for the walls and floors.

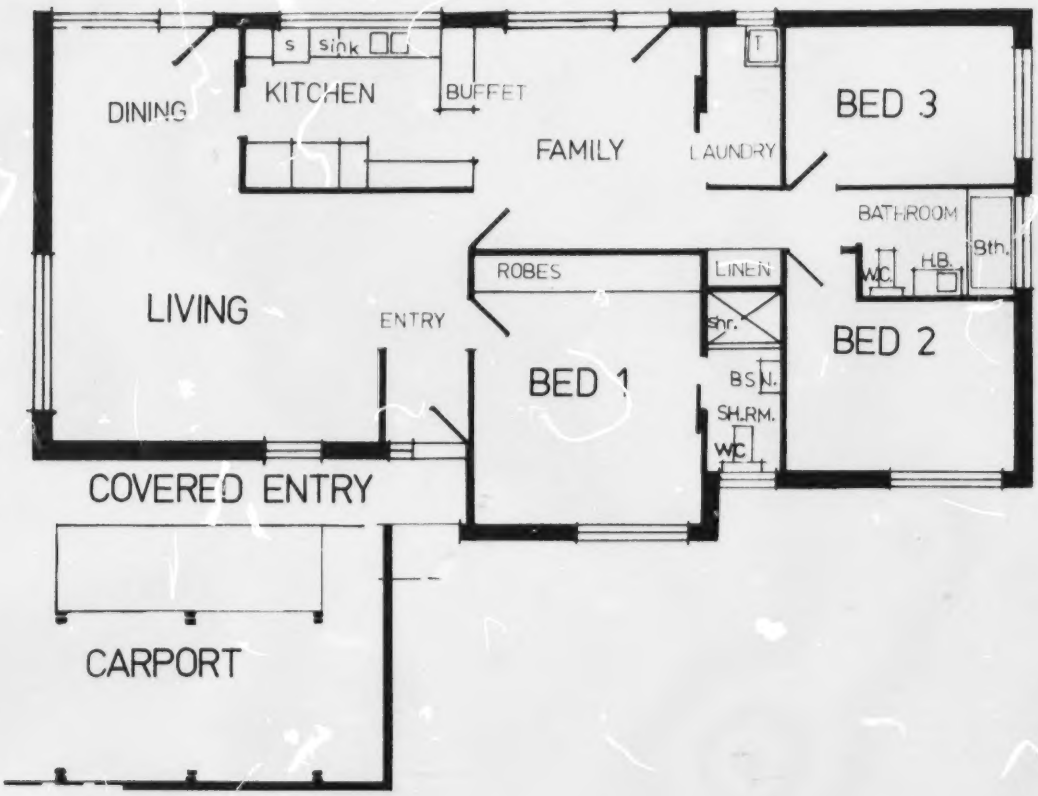
Z313

When a home is rented the tenant is usually responsible for the payment of

A. water and land rates.
B. house insurance.
C. costs of external painting.
D. gas and electricity accounts.

Z314

The next three questions refer to the diagram below.



The cost of the plumbing in this house would be unnecessarily high because the

A. kitchen and laundry are widely separated.
B. ensuite and bathroom are not adjacent.
C. hot water system would need to have a large capacity.
D. pipes required cover three sides of the house.

Z315

To conserve the homemaker's energy during the performance of household tasks another outside door would be best placed in

A. bedroom 1.
B. bedroom 2.
C. the laundry.
D. the living room.

Z316

The type of kitchen in this plan is known as

A. corridor.
B. L-shaped.
C. A-shaped.
D. U-shaped.

Z317

The building feature which helps keep the house warm in cold weather is

A. a plaster wall finish.
B. a damp proof course.
C. fibreglass between the ceiling and the roof.
D. air bricks in the foundations.

Z318

The building feature which helps prevent soil dampness from penetrating into the house is

A. air bricks in the foundations.
B. a damp proof course.
C. fibreglass between the ceiling and the roof.
D. a plaster wall finish.

Z319

Which of the following expenses incurred in renting a flat or home is usually the responsibility of the tenant?

A. Electricity.
B. Property Maintenance.
C. Property Insurance.
D. Water Rates.

Z320

Of the following the main disadvantage of renting a house is that the tenant

A. cannot re-arrange fixtures.
B. must pay property maintenance expenses.
C. is committed to high weekly repayments.
D. may be asked to leave with only a day's notice.

Z321

In the southern hemisphere, the aspect that allows the maximum amount of sunlight to reach each room in the house is

A. easterly.
B. north-westerly.
C. north-easterly.
D. south-easterly.

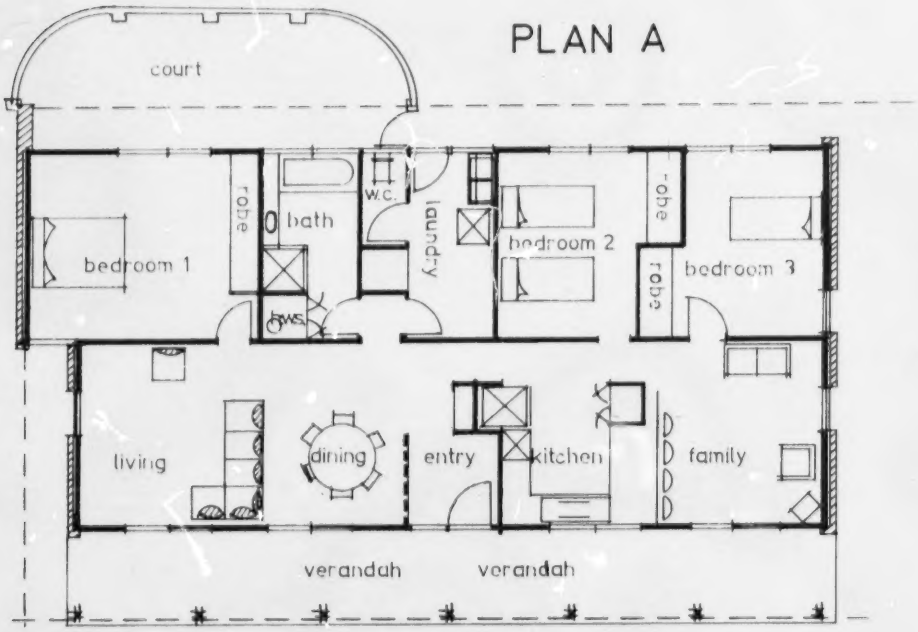
Z322

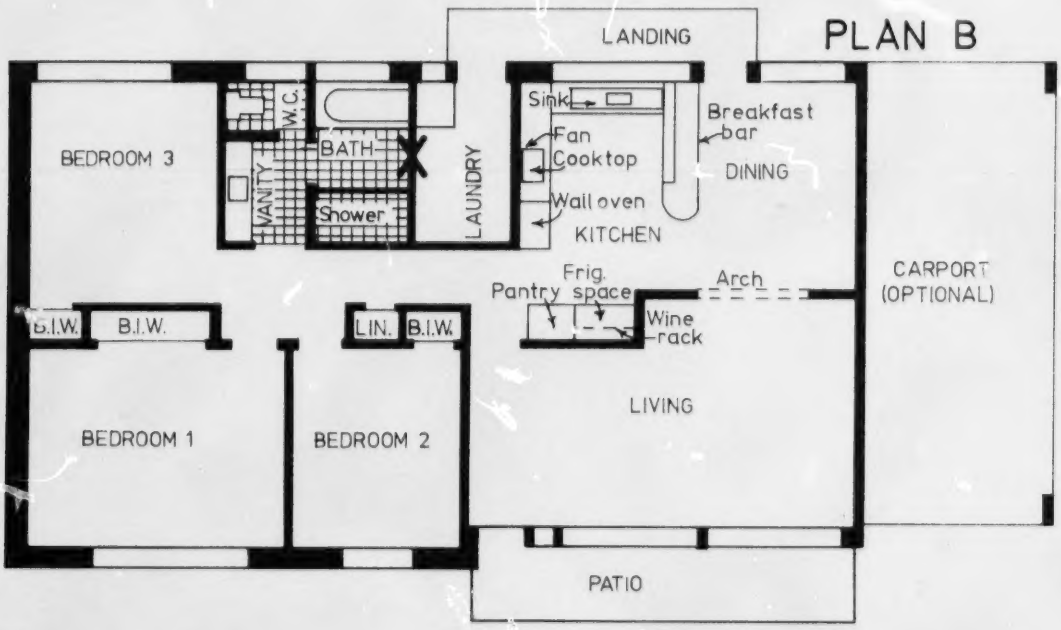
A small room will appear larger if furnished with

A. light polished floor boards and light drapes.
B. dark wall-to-wall carpets and light drapes.
C. light wall-to-wall carpet and dark drapes.
D. dark polished floor boards and dark drapes.

Z323

The next four questions refer to the diagrams below.





Which floor plan has the more functional bathroom?

A. Plan B because it has a large shower area.

B. Plan A because extra storage space is available in the Hot Water Service cupboard.

C. Plan B because three people can use the facilities at the same time in privacy.

D. Plan A because the toilet is separate.

Plan A is suitable for a family with pre-school age children because the

A. court allows for parents' privacy off bedroom 1.
B. children's bedrooms are separate from bedroom 1.
C. family room allows for play space and can be easily seen from the kitchen.
D. kitchen is U-shaped and does not act as a corridor to interfere with food preparation.

Z325

In Plan B the wall marked "X" in the laundry would provide a suitable location for a

A. laundry chute from the bathroom.
B. linen press.
C. hot water system.
D. chest freezer.

Z326

Plan B is more functional than Plan A because

A. space is not wasted with an entry.
B. the kitchen and dining room are next to each other.
C. there is a pantry for food storage.
D. the linen press is situated in the hallway.

Z327

The main reason that U-bend pipes are installed under sinks is to

A. slow down the speed with which water passes down the pipes.
B. prevent germs and bad odours coming back up into the sink.
C. make easier the recovery of objects that accidently pass down the sink.
D. minimise the amount of blockage caused by fatty substances.

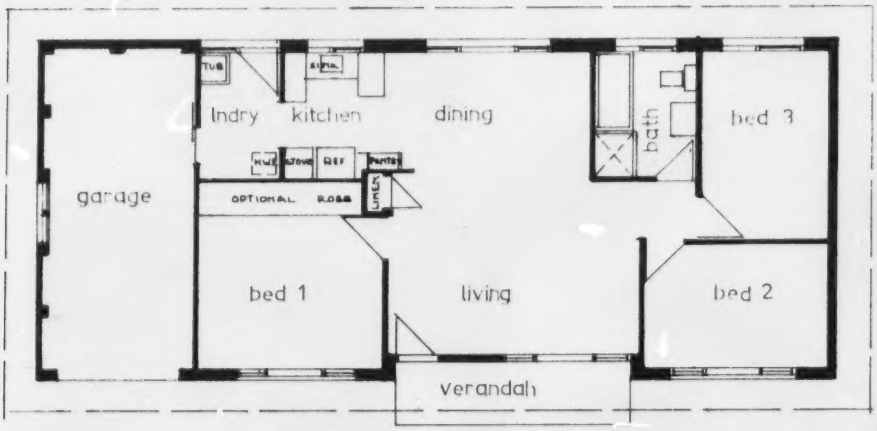
Z328

The purpose of the damp-proof course in the structure of a home is to prevent

A. moisture passing from the ground into the walls.
B. the interior walls developing mildew on their surfaces.
C. moisture passing into the foundations of the house.
D. the framework of the house collapsing.

Z329

The next three questions refer to the diagram below.



This house plan is not very functional as

A. there is too much wasted space in the garage.
B. bedroom 1 is not associated with the general sleeping and bathroom area.
C. bedrooms 2 and 3 are too small.
D. there is a lack of space in the kitchen.

Z330

The type of kitchen is known as

A. corridor.
B. L-shaped.
C. round.
D. U-shaped.

Z331

The most economical way to add privacy to the living room near the front door entry would be to

A. use a screen.
B. make a hallway from the front door to the dining room.
C. have a sunken conversation pit.
D. increase the width of the linen press.

Z332

The most important factor to be considered when selecting the material for work benches in the kitchen is the need for an

A. attractive colour.
B. easily cleaned, durable surface.
C. inexpensive material.
D. effective water repellent base.

Z333

An electric radiator heats a room by

A. convection and conduction.
B. conduction and radiation.
C. radiation and convection.
D. transmission and reflection.

Z334

In a kitchen a compact work triangle is desirable for

A. saving kitchen space.
B. reducing fatigue.
C. determining the type of floor covering.
D. calculating the distance between the stove and sink.

Z335

The main reason for incorporating a work triangle into a kitchen is to

A. improve the storage space.
B. allow for efficient work patterns.
C. lessen the cost of floor covering required.
D. prevent deterioration of wall surfaces by cooking odours.

Z336

The main source of natural lighting provided in a home is usually from

A. doors.
B. light colours.
C. skylights.
D. windows.

Z337

Which of the following best describes what is meant by a family's standard of living?

A. The values which the family tries to observe in its daily life.
B. The rules of behaviour which the family actually observes in its daily life.
C. The level of living which the family tries to achieve.
D. The level of living which the family actually achieves.

Z338

Direct lighting is produced when the light fitting

A. causes most of the light to fall in one direction.
B. encloses the bulb and no shadows are produced.
C. directs the light on the ceiling.
D. is translucent and allows light to pass through.

Z339

The next two questions refer to the illustration below.

The most obvious lesson that can be learned from the illustration is that

A. there are hidden costs involved in buying and selling a house.
B. sometimes owners are forced to sell their homes.
C. legal assistance is of little use when selling a house.
D. prospective buyers are willing to pay more for a house with a view.

Z340

Which of the following considerations would be most likely to <u>dissuade</u> a home seeker from buying this house?

A. The amount of storage space available.
B. The size of the work triangle.
C. The location and need for maintenance.
D. The reliability of its water supply and garbage service.

Z341

The next three questions refer to the illustrations and case studies below.

Mr. and Mrs. Andrews have a limited amount of housekeeping money and four small children all under the age of ten. Mrs. Andrews does not work outside the home. They are wondering how appropriate are the items chosen in terms of their limited budget, and wish they were better informed consumers.

Mr. and Mrs. Bentley both work outside the home and have two small children aged four and five. They have an unlimited budget, yet they are selecting food items from a list they have previously compiled after evaluating advertisements in the local paper.

Study the following set of questions in relation to the information contained in the case studies. Choose the alternative which fully and most correctly completes the question.

In order that Mr. and Mrs. Andrews purchase items which give them the best value for money, they should

A. choose those items which are advertised as specials.
B. identify those items wanted and buy in bulk.
C. identify items needed and consider all the alternatives.
D. avoid purchasing convenience foods.

Z342

Study the following statements, and then answer the question below.

I. The Bentley's have clearly defined goals relating to food purchases and have gathered information about the goods to be purchased.

II. The Andrews' have <u>not</u> established a list of priorities before making their purchases.

Which of the above two statement(s) is/are true?

A. I only.
B. II only.
C. Both I and II.
D. Neither I nor II.

Z343

Of the two families the Bentley's would be <u>more likely</u> to

A. resist high pressure selling.
B. overcommit themselves financially.
C. be ignorant of different brands.
D. be unaware of excessive retail costs.

Z344

When planning a kitchen for a new home, the <u>least</u> important consideration is whether

A. a tall cupboard suitable for storing brooms is included in the design.
B. the aspect allows early morning sun to warm the room.
C. tops of cupboards and all work surfaces are at a convenient height for the homemaker.
D. the three main work centres (sink, stove and storage) are positioned to allow easy, effective movement.

Z345

The term 'cavity wall' refers to

A. a brick wall containing air vents.
B. the double wall which forms the outside wall of brick homes.
C. a faulty wall which shows cracks at windows and doors.
D. an unlined wall such as a fibro wall.

Z346

The organisation responsible for the provision of pensions for the aged is the

A. State Government.
B. Local Government.
C. Commonwealth Government.
D. Government Insurance Office.

Z347

A family purchased a colour T.V. for $850, to be paid off over two years. Interest was charged, making the final cost $1 200. What method of buying was used?

A. Lay-by.
B. Hire purchase.
C. Credit account.
D. C.O.D.

Z348

Products bought on hire purchase are

A. always the property of the firm.
B. the immediate property of the buyer.
C. not owned by the customer until after final payment.
D. not able to be used until after final payment.

Z349

HOME SCIENCE

KEY - AREA "Z"

Ques.	Key	Ques.	Key	Ques.	Key	Ques.	Key
Z001	B	Z041	D	Z081	B	Z121	A
Z002	D	Z042	C	Z082	B	Z122	D
Z003	A	Z043	D	Z083	C	Z123	B
Z004	A	Z044	A	Z084	C	Z124	C
Z005	B	Z045	B	Z085	A	Z125	D
Z006	C	Z046	C	Z086	B	Z126	A
Z007	C	Z047	A	Z087	A	Z127	A
Z008	B	Z048	C	Z088	C	Z128	B
Z009	B	Z049	A	Z089	D	Z129	A
Z010	C	Z050	C	Z090	A	Z130	D
Z011	B	Z051	C	Z091	A	Z131	B
Z012	D	Z052	D	Z092	A	Z132	C
Z013	C	Z053	A	Z093	A	Z133	B
Z014	A	Z054	C	Z094	B	Z134	A
Z015	B	Z055	B	Z095	D	Z135	B
Z016	B	Z056	C	Z096	A	Z136	B
Z017	A	Z057	A	Z097	B	Z137	C
Z018	C	Z058	A	Z098	C	Z138	D
Z019	A	Z059	B	Z099	A	Z139	A
Z020	B	Z060	C	Z100	B	Z140	D
Z021	D	Z061	A	Z101	B	Z141	A
Z022	A	Z062	A	Z102	D	Z142	C
Z023	C	Z063	D	Z103	C	Z143	C
Z024	D	Z064	D	Z104	C	Z144	B
Z025	A	Z065	D	Z105	A	Z145	A
Z026	C	Z066	B	Z106	A	Z146	D
Z027	D	Z067	C	Z107	D	Z147	B
Z028	C	Z068	A	Z108	C	Z148	B
Z029	A	Z069	B	Z109	D	Z149	C
Z030	A	Z070	A	Z110	B	Z150	A
Z031	C	Z071	A	Z111	A	Z151	A
Z032	A	Z072	D	Z112	D	Z152	C
Z033	C	Z073	D	Z113	A	Z153	A
Z034	B	Z074	A	Z114	B	Z154	D
Z035	C	Z075	B	Z115	D	Z155	B
Z036	A	Z076	A	Z116	D	Z156	A
Z037	B	Z077	A	Z117	D	Z157	D
Z038	A	Z078	A	Z118	C	Z158	C
Z039	D	Z079	A	Z119	A	Z159	C
Z040	B	Z080	D	Z120	C	Z160	C

KEY - AREA "Z"

Ques.	Key	Ques.	Key	Ques.	Key	Ques.	Key
Z161	D	Z208	C	Z255	B	Z302	C
Z162	B	Z209	B	Z256	D	Z303	D
Z163	C	Z210	D	Z257	B	Z304	B
Z164	D	Z211	C	Z258	D	Z305	D
Z165	D	Z212	D	Z259	D	Z306	C
Z166	A	Z213	B	Z260	B	Z307	B
Z167	D	Z214	C	Z261	B	Z308	A
Z168	D	Z215	A	Z262	B	Z309	C
Z169	B	Z216	B	Z263	D	Z310	A
Z170	B	Z217	B	Z264	B	Z311	A
Z171	B	Z218	B	Z265	A	Z312	D
Z172	C	Z219	D	Z266	C	Z313	A
Z173	A	Z220	A	Z267	D	Z314	D
Z174	C	Z221	A	Z268	B	Z315	D
Z175	D	Z222	D	Z269	A	Z316	C
Z176	A	Z223	C	Z270	A	Z317	A
Z177	A	Z224	D	Z271	B	Z318	C
Z178	B	Z225	B	Z272	D	Z319	B
Z179	C	Z226	A	Z273	B	Z320	A
Z180	C	Z227	A	Z274	A	Z321	A
Z181	A	Z228	C	Z275	B	Z322	C
Z182	B	Z229	C	Z276	D	Z323	A
Z183	B	Z230	A	Z277	C	Z324	C
Z184	C	Z231	D	Z278	C	Z325	C
Z185	B	Z232	A	Z279	D	Z326	A
Z186	A	Z233	A	Z280	B	Z327	B
Z187	D	Z234	D	Z281	B	Z328	B
Z188	B	Z235	A	Z282	B	Z329	A
Z189	B	Z236	A	Z283	B	Z330	B
Z190	B	Z237	B	Z284	D	Z331	A
Z191	D	Z238	C	Z285	C	Z332	A
Z192	C	Z239	D	Z286	B	Z333	B
Z193	A	Z240	D	Z287	B	Z334	C
Z194	C	Z241	A	Z288	B	Z335	B
Z195	D	Z242	B	Z289	D	Z336	B
Z196	C	Z243	D	Z290	C	Z337	D
Z197	C	Z244	B	Z291	C	Z338	D
Z198	D	Z245	D	Z292	C	Z339	A
Z199	A	Z246	C	Z293	A	Z340	A
Z200	D	Z247	B	Z294	A	Z341	C
Z201	B	Z248	C	Z295	D	Z342	C
Z202	A	Z249	A	Z296	B	Z343	C
Z203	D	Z250	A	Z297	A	Z344	A
Z204	C	Z251	C	Z298	D	Z345	A
Z205	A	Z252	D	Z299	A	Z346	B
Z206	B	Z253	A	Z300	B	Z347	C
Z207	C	Z254	C	Z301	B	Z348	B
						Z349	C

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